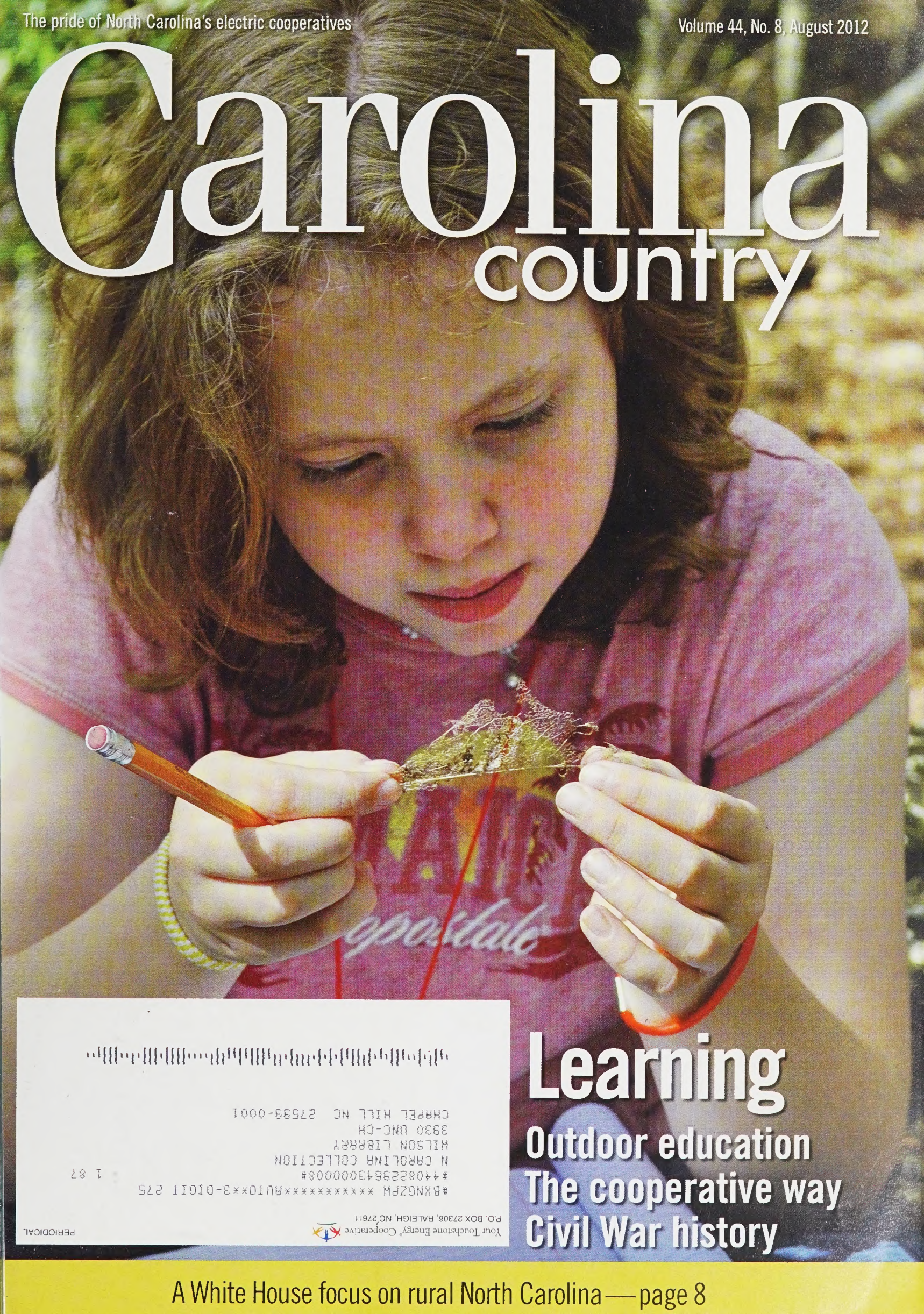


# Carolina country



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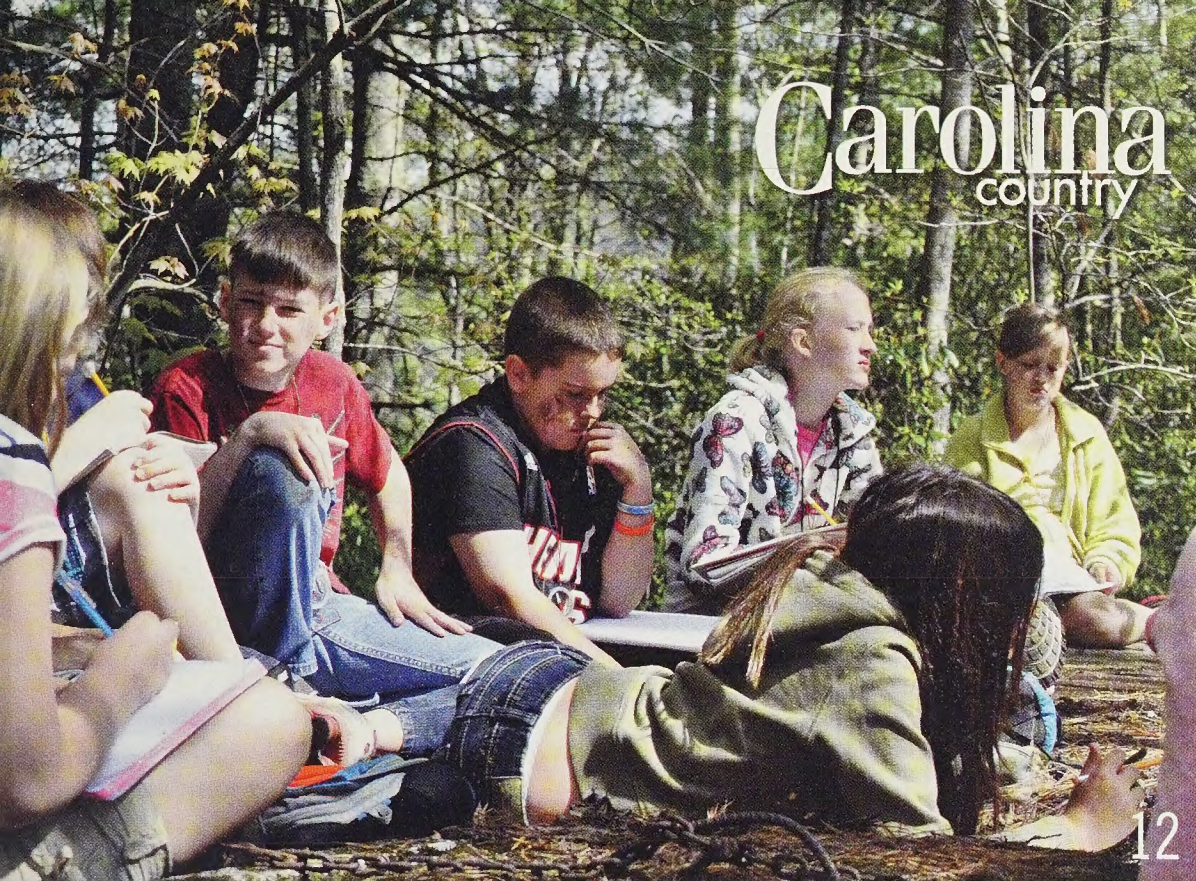
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#### ON THE COVER

Emily Shelton, the daughter of Arthur and Dorothy Shelton and a fifth grader at T.C. Henderson in Lake Toxaway, is fascinated in her outdoor science class led by the Muddy Sneakers program. Learn more on page 12 about how the program has elevated minds and test scores. (Photography by Hannah Miller)



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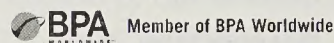
Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

#### Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.



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Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

## The cooperative way



By Susan E. Flythe

As a cooperative, we believe in the benefits of a community working together. We know we're stronger and can accomplish more when we're united — that's what makes cooperatives and our country great. When we cooperate with each other — pool our resources and focus on a goal — we can do anything.

Consider that a year ago this month, our Hatteras Island community was devastated and isolated, physically and economically, by Hurricane Irene. It seemed at times that whatever could go wrong, did. At the same time, so many good things happened that demonstrated the resilience and community spirit that is second nature to the people of Hatteras Island. Those who were not personally affected by the hurricane, as well as those who were, immediately went to help others. Business people came together to help others navigate paperwork and bureaucracy so they could get back to business. A really, really free market was set up to provide people with basic necessities. Two high school students brought Christmas decorations to families who thought Christmas was not possible last year. And at every step along our way to restoring electric power to members, they were patient, supportive and encouraging.

It is not as if we did not have help. We benefitted from the cooperative way of doing business.

The cooperative way follows seven principles:

- 1. Open and Voluntary Membership.** The cooperative is open to anyone in its service area who chooses to join.
- 2. Democratic Member Control.** You elect a board of directors to manage the cooperative, and you have a voice.
- 3. Members' Economic Participation.** We are not-for-profit, operate at cost, and return any margins to members according to their participation.

**4. Autonomy and Independence.** We are an independent, self-help organization.

#### 5. Education and Training.

Communicating with members and the public is a major priority, as is training employees to be the best they can be.

#### 6. Cooperation Among Cooperatives.

Co-ops work in harmony, helping one another succeed.

#### 7. Concern for Community.

We are committed to sustaining progress in our communities.

Hurricane Irene certainly provided a plethora of examples of these principles at work.

- North Carolina Electric Membership Corporation, our wholesale power cooperative, immediately went to work to provide emergency generation to the island.
- The North Carolina Association of Electric Cooperatives storm center in Raleigh worked around the clock to communicate and coordinate our needs with North Carolina emergency management and others.
- The Tarheel Electric Membership Association, our materials supply cooperative in Raleigh, sent the materials we needed, along with a small army of cooperative line-man, trucks and equipment from Brunswick Electric Membership Corporation, the cooperative headquartered in Shallotte, N.C.

The arrival of the Brunswick crews literally tripled our operations work force. Those men left their families and homes for more than a week, giving up their Labor Day holiday so that they could be here when the temporary restoration of the transmission line was complete. They did this because that is the cooperative way.

There are many challenges ahead for Cape Hatteras Electric and the



electric utility industry. We are seeing rising costs as we work to comply with new regulations meant to address environmental, financial and reliability concerns. Utilities face the cost of replacing aging infrastructure and modernizing the grid. The continued lack of a national energy policy creates uncertainty in an industry that must plan decades in advance. All of this comes at a cost, a cost that trickles down to you and me.

As cooperatives, we will meet these challenges together to serve our members. Cooperatives take many forms, often to fill a community need, giving a voice to folks that profit-driven businesses often overlook. This year has been declared the International Year of Cooperatives. There are 252 cooperative organizations in North Carolina, 29,000 in the U.S. ACE is a locally owned hardware store on the Outer Banks that utilizes the power of a purchasing cooperative and national brand. ElecTel Cooperative Federal Credit Union is a cooperative bank, and membership is now available to members like you.

As a cooperative, members are the whole reason for our existence. The International Year of Cooperatives is a chance for us to celebrate our legacy of innovation, and to remind us of what is most important in business: putting people first. 

*Susan E. Flythe is executive vice president and general manager of Cape Hatteras Electric Cooperative, the Touchstone Energy cooperative serving more than 7,400 member accounts on Hatteras Island. These remarks are adapted from her address to the cooperative's 2012 annual meeting of members.*

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## All clear

Recently a tree fell onto my driveway entrance gate, totaling the gate into a mound of worthlessness. When the tree fell, it also popped the power lines and my power went out immediately. I called Piedmont Electric Membership Corporation in Hillsborough and reported the outage. Within 15 minutes a crew came, and within an hour I had my power restored and the tree cleared out of my driveway. Joe, John and Skip from PEMC were awesome! They went beyond the call of duty and worked diligently with dedication, skill, humor and teamwork to get us back up and running.

Thank you, PEMC, for your many years of service to the Bahama area.

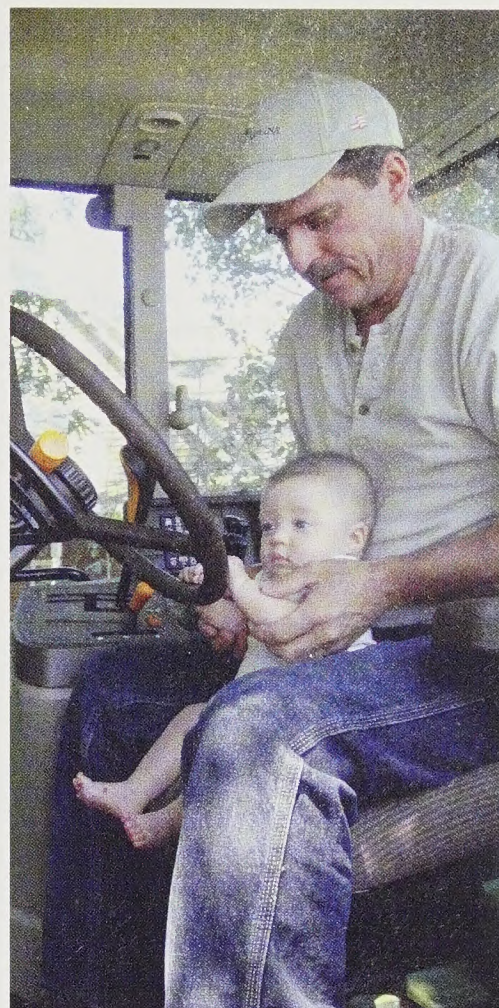
*Laura and Allen Hare, Bahama,  
Piedmont EMC*

## Tenderizing fire ant stings

I was interested in the article about fire ants ["Carolina Gardens," June 2012].

I have experienced a number of painful stings over the years and was glad when a friend shared with me the only successful remedy I have found. It is meat tenderizer! No kidding, it really works. As soon as possible after a sting, apply a paste made of meat tenderizer and a very small drop or two of water. It doesn't take much water to make the paste. Spread the paste over the stings and let it dry. I usually apply it again in about 30 minutes. It may sound crazy, but something in the meat tenderizer breaks down the enzymes in the ant venom. It not only takes away the sting, but it prevents pustules from forming. It works so well that I usually can't even tell where the sting was. My friend keeps meat tenderizer in her car for stings away from home.

*Wanda Herring, Murphy*



## A miracle in a John Deere

Molly Elizabeth Harris and her twin sister, Audrey Jane, were born Nov. 20, 2011, to our son Michael Harris and his wife, Julie. Four weeks and two days earlier, their sister Grace Marie was born and lived only six hours. Molly and Audrey weighed less than three pounds each when they were born and lived 60 days in the critical care unit at Chapel Hill. They truly are God's miracles. Michael, a poultry and cattle farmer, knows Molly loves the John Deere already. Her other grandparents are James and Lois Ritter, also Randolph EMC members, in Ramseur.

*Steve & Ginny Harris, Carthage,  
Randolph EMC*






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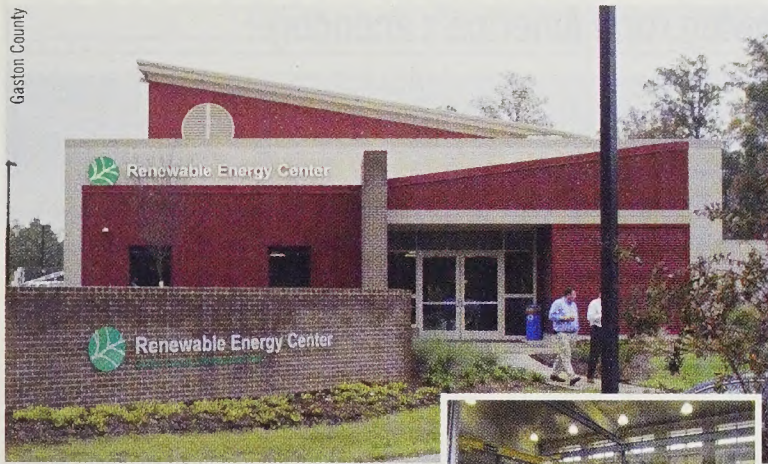
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Gaston County



*Gaston County uses large-engine generators at its Renewable Energy Center, located near its landfill, to turn methane gas into electricity.*



## Gaston County green energy project relies on Rutherford EMC's role

Rutherford EMC has been helping Gaston County in a landfill project that turns a greenhouse gas into valuable energy. The county's landfill, located north of Dallas, produces methane gas as its solid waste decomposes. Gaston County uses large-engine generators at its Renewable Energy Center, located near the landfill, to turn the gas into electricity. The \$7.5 million center began commercial operation last August. It was funded through the county's solid waste enterprise fund, low-interest bonds from the federal stimulus program and a state energy grant.

Rutherford EMC is contracted with the county to transport, or wheel, the electricity to its point of delivery with Duke Power, which is buying the power. Currently, the electricity produced is roughly enough to power more than 1,600 average-sized homes yearly.

"The folks at Rutherford EMC have been exceptional in working on this project," said Ray Maxwell, Gaston County public works director. "They've been very helpful and responsive." Tom Haire, system engineer at Rutherford EMC, called the agreement a win-win for the county and the co-op. Haire once worked "on the generator side of things" at Santee Cooper, a state-owned electric utility in South Carolina, and said his master's thesis research on interconnection of distributed generation also came in handy in running studies and determining any necessary upgrades.

Two of the Renewable Energy Center's three GE/Jenbacher generators (1.4 megawatts each) operate full-time. When gas production increases, the county will bring the third engine online fulltime. Total buildout of the facility is five generators. Future plans for the center include an industrial park. Ideal tenants are those that need waste heat, methane gas or organic waste for their work purposes.

Rutherford EMC is based in Forest City and serves more than 67,300 members in Rutherford, McDowell, Polk, Cleveland, Burke, Caldwell, Catawba, Lincoln, Gaston and Mitchell counties.

—Karen Olson House

## CO-OPS & COMMUNITY JOBS

Photos by Gay Johnson



*A Four County EMC loan helped fund equipment and furniture for the new Bladen Medical Associates in Bladenboro.*

## Four County EMC gave a big boost to the new Bladen County healthcare facility

Four County EMC is playing a major role expanding healthcare services in Bladen County. The cooperative secured a \$300,000 zero-interest U.S. Rural Economic Development loan (REDLG) and added its own \$60,000 loan to help finance a new health clinic in Bladenboro. Bladen Healthcare, LLC used the loan to purchase medical equipment and furniture for the clinic. The Bladenboro project will save 10 jobs and create 10 new jobs while expanding healthcare services in the county.

Four County EMC's role was critical to funding the entire \$1.4 million project by attracting the additional funding from Bladen's Bloomin' Agri Industry (BBAI), the county's non-profit economic development entity, and other funding sources to purchase a vacant building and renovate it for the new 5,600-square-foot medical facility.

Despite having the second largest population base in the county, Bladenboro has limited access to healthcare services. The funding will help furnish the Bladen Medical Associates clinic's six examination rooms and the waiting room, as well as purchase necessary equipment, including x-ray and ultrasound systems. The radiology service is an essential part of the new facility and will increase access to these services to Bladenboro residents, Bladen County and many Four County EMC members. In addition, the funding will enable Bladen Healthcare to purchase phones and computers so that its physicians, nurses and support staff can effectively communicate and quickly access patient records.

—Renee Gannon

NEXT MONTH: LEE COUNTY



## White House Roundtable discussion focuses on growing rural America's economy

North Carolina's electric cooperatives in June hosted a discussion on the partnership between the U.S. Rural Utilities Service (RUS) and the businesses and agencies guiding North Carolina's economic development. RUS administrator Jonathan Adelstein said the meeting was "one of the most impressive I have seen" in a series of such meetings. He said the Obama Administration initiated the White House Roundtable on Business & Infrastructure series to "hear from the business community about what we can do to help grow the economy and rural America."

RUS, an agency within the U.S. Department of Agriculture, is the successor to the Rural Electrification Administration (REA) that was instrumental in helping electric cooperatives form and bring power to rural communities in the 1930s and 1940s. Today, RUS administers USDA's Rural Development Utilities Program that manages more than \$165 billion in loans and loan guarantees that are at work to improve the economic stability of rural communities, businesses, residents, farmers and ranchers and improve the quality of life in rural areas. Electric cooperatives have long been a prime mover in bringing these programs to their service areas.

Besides Adelstein and electric cooperative leaders, those attending the White House Roundtable included representatives from the N.C. Chamber of Commerce, Department of Commerce, Rural Economic Development Center, Institute for



*Representing the Obama administration, Rural Utilities Service administrator Jonathan Adelstein (left) said a discussion on improving North Carolina's rural economy, hosted recently by the state's electric cooperatives, was one of the most impressive ones he's seen. Shown with him is Joe Brannan, CEO of the co-ops' statewide organizations.*

Minority Economic Development, Golden Leaf Foundation, Farm Bureau, community colleges, telephone cooperatives and various businesses.

Much of the discussion focused on developing and maintaining infrastructure that can attract and keep businesses and create jobs. Elements include water and sewer systems, broadband communication, business parks and agriculture and energy-related services. Adelstein and Randall Gore, USDA's rural development director for North Carolina, praised the state's work in advancing broadband, telemedicine and distance learning services for rural communities. In

early June, USDA funded more than \$500,000 in grants for such services based at the health center on Ocracoke and Vidant health centers based in Chowan, Duplin, Edgecombe, Hertford and Pitt counties.

USDA Rural Development has seven area offices and 14 field offices across the state. Area office locations are in Asheville, Shelby, Lumberton, Asheboro, Henderson, Kinston and Smithfield. Further information on rural programs is available at a local USDA Rural Development office or by visiting the USDA Rural Development website at [www.rurdev.usda.gov](http://www.rurdev.usda.gov).

—Michael E.C. Gery



### At work in Raleigh

Rep. Thom Tillis (left), Speaker of the N.C. House of Representatives, met with Wayne Wilkins, CEO of EnergyUnited (center) and Joe Brannan, CEO of N.C. Electric Membership Corporation, in June when more than 150 electric cooperative board members and staff from across the state conducted similar meetings at the state legislative building in Raleigh. Cooperative delegates discussed legislation and projects they are completing in their districts, including new construction, energy efficiency, economic development, grid modernization and community outreach.



# Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

**DEAR DORRIS:** I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck. I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it!



I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that can truly help my loose neck skin?

*Turkey Neck, Winston-Salem, NC*

**DEAR TURKEY-NECK:** In fact, there is a very potent cream on the market that firms, tightens and regenerates new skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream®**. This cream contains an

instant lift ingredient that tightens the skin naturally, as well as deep moisturizing ingredients to firm the skin and make it more supple. Amazingly, the **Dermagist Neck Restoration Cream®** also has Stem Cells taken from *Malus Domestica*, a special apple from Switzerland.

These stem cells are actually unprogrammed cells that can mimic those of young skin that stays tight, firm and wrinkle free. As an alternative to the scary surgeries or face lifts that many people resort to, this cream really packs a big punch on the loose saggy skin of the neck.

The **Dermagist Neck Restoration Cream®** is available online at **Dermagist.com** or you can order or learn more by calling toll-free, **888-771-5355**. Oh, I almost forgot... I was given a promo code when I placed my order that gave me **11% off**. The code was "NCN4". It's worth a try to see if it still work.

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Diane T. / Greensboro, NC

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## Co-ops introduce a night-friendly LED yard light

North Carolina's electric cooperatives are at the forefront of new technology that is improving outdoor lighting, bringing jobs to the state, and could save big bucks and energy for co-op members.

When night falls, outdoor fixtures called yard lights or security lights brighten up walkways, sheds and backyards, at even the most remote homesteads. In 2005, federal legislation banned the traditional mercury-vapor outdoor lamps, and co-ops realized that no suitable replacement fixture existed.

North Carolina's electric co-ops began working with Innovative Electronic Solutions Lighting, a Morrisville, N.C.-based company, to develop a new LED outdoor light at a reasonable price. After four years of development, testing and design improvements, the lights are being manufactured in North Carolina using local materials. "It's North Carolina folks working on a North Carolina product for North Carolina people," said Fulton Smith of Tarheel

Electric Membership Association, a materials supplier owned by the state's electric co-ops.

Each LED light is expected to last 12–14 years, and compared to traditional yard lights they are more energy-efficient and do not illuminate the night sky or a neighbor's property. Also, they can be controlled remotely—which could result in major cost savings for co-ops and members, Smith said.

Now larger companies are embracing outdoor LED lighting, but Smith said the cooperatives are a leader in this technology. "The co-ops are all about North Carolina people, and this is a North Carolina project that has gone nationwide."

LED lighting is still an evolving technology, and not all cooperatives carry them. Contact your electric cooperative for information about outdoor lighting that is available in your area.

—Lindsey Listrom

## New laws help co-ops work more safely and effectively

The state legislature and Gov. Bev Perdue in June enacted legislation that will help electric cooperatives serve their consumer-members more safely and effectively.

One of the new laws expands the conditions that require motorists to "move over," when it is safe to do so, while utility vehicles are working on the side of the road.

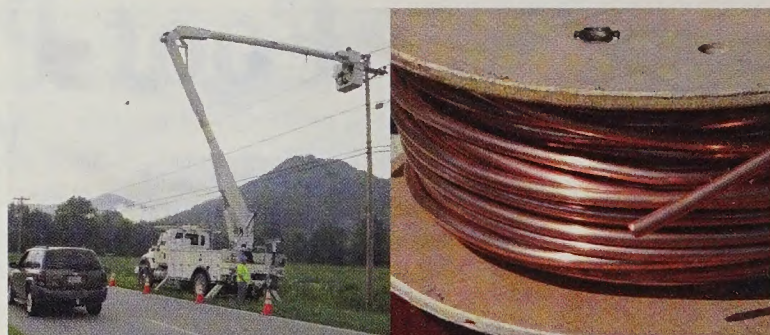
The other law strengthens existing law intended to prevent the theft of copper and other metals.

The so-called Move Over law now covers utility vehicles, including those of electric cooperatives, that are at any time "parked or standing within 12 feet of a roadway and giving a warning signal by appropriate light." Motorists must slow down and steer into a lane not adjacent to the working utility vehicle as long as it is safe to do so, then resume normal travel when they have passed the parked utility vehicle.

Beefing up the existing law against stealing copper was intended to make it more difficult for thieves to sell copper and for buyers to accept stolen copper.

Copper is used to ground electrical equipment, protecting it from electrical surges and lightning by giving electricity a safe path to the ground. Without proper grounding, anyone who comes into contact with the electric system could suffer electric shock strong enough to cause death. This includes cooperative employees, law-abiding citizens and even children.

Copper theft also compromises the electrical network and can cause outages that are disruptive for members and costly



*Recent state legislation expands requirements to "move over" when driving next to a parked utility vehicle at work on the side of the road. Another new law makes it difficult for thieves to sell copper and for buyers to accept stolen copper.*

to businesses. Time and resources spent to repair damage caused to the system can cost hundreds of thousands of dollars.

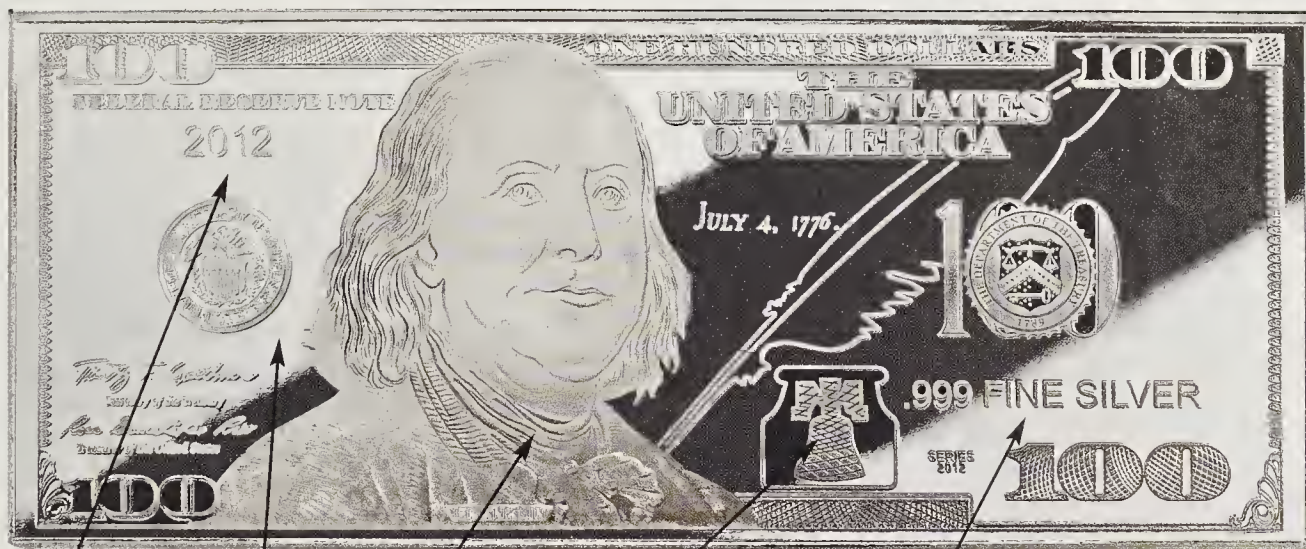
The expanded legislation now prohibits any cash payment for copper by recyclers to any seller. Also, recyclers must have a permit to be in business, and if a recycler does not comply with the law, the permit or license can be revoked. Recyclers are required to keep records of sellers dealing in metals. Furthermore, it is against the law for anyone to have more than 25 pounds of copper in a vehicle unless it's for work purposes, and metal sellers must present a valid ID at the time of sale. Co-ops routinely notify law enforcement when they have good reason to suspect copper theft.



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Classes are going on in T.C. Henderson Elementary School behind them, but a bunch of squealing and laughing fifth graders are rolling over and over down a hill. What they're doing is not just fun, say naturalist Katie Newton and Michelle Owen, mother of one of the students, as they watch. It's science, an illustration of momentum.

And as the kids launch themselves into the air, other members of Tammi Humphreys' fifth grade class in the Transylvania County school are trying to float improvised boats—leaves, sticks, pieces of bark—down a small stream nearby. A dead leaf makes it to the finish line in “One minute, 6 seconds,” naturalist Molly Dullanty triumphantly calls out. But not without a push off some pebbles, where friction between the surface of the leaf and the surface of the rocks keeps it temporarily immobile.

Momentum, friction, inertia and gravity are the stuff of fifth grade science textbooks and North Carolina's End of Grade (EOG) science tests. But at T.C. Henderson School—a Haywood EMC member account—and a dozen other schools in the North Carolina mountains, they've become more than concepts

# SEEING S

A western North Carolina educational initiative outdoors has improved student test scores

these last four years. Under the guidance of the school staff and an innovative environmental education organization called Muddy Sneakers, they're part of everyday life, to be touched, observed, and wondered at. Financed by the schools, voluntary donations and grants, naturalists from private nonprofit Muddy Sneakers take the kids, and the standard science curriculum, outdoors from six to 10 days a year.

“Grace loves it,” says Owen of her fifth-grader daughter. And Grace agrees: “Sometimes we build little ecosystems, little dams and stuff.”

When the students examine their finds in the schoolyards or state and national forests and parks that serve as classrooms, “We have to tell whether it's abiotic or biotic. Abiotic, it's dead and it's never been alive. Biotic, it's dead but it's been alive,” says Grace.

## End-of-Grade success scores

The first year that T.C. Henderson students took part in Muddy Sneakers, the percentage passing the EOG science test rose to the low 90s, a jump from the former low- to mid-80s. The next year, the passing percentage rose to the mid-90s, and in 2010-11, 100 percent passed and the school was named an N.C. Honor School of Excellence, putting it the top 8 percent of the state's schools.

“What changed was the addition of Muddy Sneakers,” says principal Tony Meachum.

At Pisgah Forest Elementary outside Brevard, the first-year jump was even more dramatic, about 35 percent. And the kids were enthusiastic, so much so that they made and sold popcorn to help pay the program's costs.

By 2010-11, when early gains had leveled out, passing rates at the 13 Muddy Sneakers schools in Transylvania, Henderson, McDowell and Buncombe counties and the Asheville city system were still 13 percent above average, says executive director Ryan Olson, a former administrator with the Nature Conservancy in South Carolina.

And new talent is being discovered, says program director Carlton Burke, former curator of exhibits at the Western North Carolina Nature Center in Asheville. “Some of the students that don't do well in the classroom do a lot better outdoors, become a Grade A student.”

One student, asked which was his favorite expedition, said the first, “because that was the first time he'd been on a hike,” recalls Gloria Clouse, a 35-year science teacher who is board chairman.

Children from rural schools already have one leg up on knowing the outdoors, says program director Burke. “Even some of the girls may go hunting and fishing with their dads.”

Yet, says naturalist Newton, simply being able to identify a bird, a bee or a crayfish isn't enough to give a child an understanding of its place in the natural world. With Muddy Sneakers, they learn “What does it eat? Who eats it?”

## This is no field trip

Muddy Sneakers got its start five years ago when Sandy Schenck, owner of private summer camp Green River Preserve in Henderson County, started wondering if there was a way to bring the summer-camp experience to more students. So Schenck, John Huie, former director of the N.C. Outward



# SCIENCE

What takes science students

*Story and photos by Hannah Miller*

Bound School, N.C. Rep. Chuck McGrady, a former camp director, and Cedar Mountain conservationist Aleen Steinberg met on Schenk's front porch and launched a pilot project and then, four years ago, the full-fledged program.

Environmental education is on a roll nationwide, says Olson. What makes Muddy Sneakers unique is its focus on doing what the schools need to meet their standards. "When you cross that line, you stop being a field trip and become a partner."

Schools have responded by coming up with about one-third of the \$24 per-student per-day cost, which, in addition to paying naturalists' salaries, buys compasses, magnifying glasses and all-important rubber boots. "They love getting in the creek. We try to make it safe," says Burke.

Another one-third is sought via website, [www.muddysneakers.org](http://www.muddysneakers.org), and in person from parents and individual donors. And the final one-third is sought from grants. In 2010-11, one generous donor paid the entire cost of T.C. Henderson's participation.

In 2010, the N.C. Wildlife Federation named Muddy Sneakers "Conservation Organization of the Year," and groups in other states have been asking about the possibility of establishing clones. "We're hoping it's going to take off and spread across the South—at least," says Schenck.

In the field, naturalists try to keep lively fifth grade minds on the subject despite the distractions of the outdoors. Newton and her class of nine, plus chaperone Owen, perch on an old cistern to consider motion in all its forms. As the students give examples—without motion, chickens would lay no eggs and "We wouldn't have anything to eat for breakfast"—several of the boys scrape debris off the cistern to paint their faces with. Newton lets it go for awhile, then puts her foot down.

And sometimes the students can be too entranced with the creatures of the wild, says Burke. "We had a little girl who wanted to take a black widow spider home with her (saying) 'I'm sure my mom would let me.'"

On further reflection, he concludes, "That's great. That they realize that stuff is neat and not scary." 🍌

*Hannah Miller is a Carolina Country contributing writer who lives in Charlotte.*

## For more information:

Muddy Sneakers, P.O. Box 146, Brevard, NC 28712.

Phone: (828) 862-5560. Web [www.muddysneakers.org](http://www.muddysneakers.org)



*Naturalist Katie Newton holds class beside a hillside trail.*



*Cray McCall holds a crayfish straight out of a schoolyard creek.*



*Michelle Owen, mother of a fifth grader, joins the sessions.*



*Students tend to pay close attention outdoors.*



# THE BATTLE of HATTERAS INLET



★ An important event early in the Civil War that histories often ignore ★

*By Michael E.C. Gery*

**T**here were lots of Yankees on Hatteras Island at this time of year 150 years ago, but they were not tourists and they were not on vacation. Many of them had arrived the summer before with the U.S. military invasion that in late August 1861 engaged in the first combined forces battle of the Civil War, resulting in the first Federal military victory over the Confederacy. They were still here the next summer occupying—sometimes uneasily—Hatteras Island. They lived in the Cape Hatteras Lighthouse keepers' quarters, in local houses, in barracks and camps.


The local residents—about 1,200 in all—by summer of 1862 had grown familiar with the occupying troops, who stayed for the duration of the war. There are reports of Federal soldiers and local people socializing, fishing together, attending church together. Many local men, in fact, had become Federal soldiers themselves, having joined the First North Carolina Union Infantry. Hatteras residents, by and large, had been indifferent to the war all along, having no real reason to rebel. So when the Union Army offered

them clothing, food and a paycheck, young men did not hesitate to enlist.

Last year, a major symposium, “Flags Over Hatteras,” had been organized to take place on the island in August com-

memorating the war's sesquicentennial and the events of August 1861. August 2011, however, saw a more familiar invasion on the Outer Banks. Hurricane Irene forced postponement of “Flags Over Hatteras” until April of this year, when it occurred during four days in lovely spring weather. An intrepid local committee, chaired by Drew Pullen,

an island resident and author of two books about the Civil War on the Outer Banks, rescheduled the events, including presentations by prominent Civil War historians. At the same time, two historic markers were dedicated in Hatteras Village to acknowledge the events of August 1861. In a keynote address, James M. McPherson, Pulitzer Prize-winning author of more than 18 books on the war era, pointed out that while the Hatteras experience was of major importance, very few students of the Civil War know anything about it.



**Hatteras residents had been  
indifferent to the war all along,  
having no real reason to rebel.**

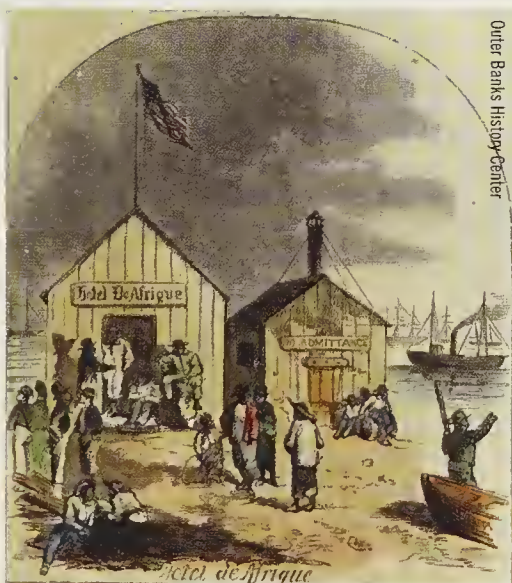


*"The Bombardment of Fort Hatteras" (opposite page) by an artist named Kaufman. The expedition carried artists and news reporters. Published in Frank Leslie's Illustrated Newspaper, Sept. 7, 1861.*

## WHAT HAPPENED AT HATTERAS

On May 20, 1861, four months after voters rejected the idea, North Carolina's state government seceded from the union to join the Confederate States of America. Earlier, on May 9, Confederate troops and slave laborers began arriving at Hatteras to build and arm two earthen forts at Hatteras Inlet on the south of the island: Fort Clark facing the ocean, Fort Hatteras facing the inlet. They were meant to guard Hatteras Inlet, a main port of entry and supply route to the interior. And, as Hatteras historian Danny Couch pointed out, "On the ocean out here, it was like I-95. Between 200 and 1,000 ships would pass by here every day." Occasionally, a ship unable to navigate the shoals and storms off the Outer Banks would run ashore and, as Couch said, "it was like having a Wal-Mart turn over on the beach." But more often at the time, private vessels operating here, known as "The Mosquito Fleet," sometimes tipped off by unscrupulous northerners in the know, would chase and bring in northern-owned merchant ships with remarkable success. The ships' insurers didn't like that and helped persuade

*After the battle, slaves reached Hatteras for sanctuary. They built housing and a community referred to as "Hotel DeAfrique." Illustration from the Feb. 15, 1862 edition of Harper's Weekly.*



the Lincoln administration to send an expedition of combined Navy, Army and Coast Guard units to put a stop to the "rebel privateers" working out of Hatteras Inlet.

An impressive flotilla of seven warships, two transport vessels and a tug, with 143 big guns and some 880 troops—the largest naval force ever assembled in U.S. military history to date—left Hampton Roads, Va., on Aug. 26. On the morning of Aug. 28, the ships opened fire on Fort Clark. Simultaneously, more than 300 men were ordered to go ashore three miles north of the fort. An African-American crew on the massive flagship Minnesota manned the guns that shot first. Totally overwhelmed, Fort Clark's men soon gave up, lowered its flag, and fled to Fort Hatteras. Meanwhile, the Union troops heading for shore met unruly surf that broke up their boats, but they managed to land along with their two cannons. In soaked woolen uniforms, as Drew Pullen describes it, they trudged down the beach in sweltering heat, slogging through the sand, and finally reached the abandoned Fort Clark where they raised the Stars and Stripes. The next morning, Aug. 29, the Union ships shelled Fort Hatteras, whose guns were as feeble as those at Fort Clark, and forced its surrender in a few hours. Some 700 Confederate troops—"many of them farm boys from the Hertford area," said Danny Couch—fled. Most were soon captured and shipped off as prisoners. Thus ended the battle of Hatteras Inlet and the beginning of the Federal occupation of the island.

Uncertain how they would be treated, local residents fled to the woods or barricaded their homes against the plundering that followed. Some fled the island, including local leader John W. Rollinson, who was the Collector of the Port. The day after Fort Hatteras fell, residents presented the command with a plea to "allow us to return to our homes and property and protect us in the same as natural citizens, as we have never taken up

## CURRENT EXHIBITS

### Graveyard of the Atlantic Museum

#### "WAR COMES TO HATTERAS"

Hatteras Village, near the ferry  
Through July 2013

Artifacts, images and documents related to the Civil War on Hatteras Island

April–Oct: Mon–Sat, 10–4

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[www.graveyardoftheatlantic.com](http://www.graveyardoftheatlantic.com)

### Outer Banks History Center Gallery

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Manteo

Through Dec 30, 2012

The battle, the locals and the Freedman's Colony

Open daily, 9–5

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arms against your Government, nor has it been our wish to do so. We did not help by our votes to get North Carolina out of the Union. ... " Indeed, many citizens took an oath of allegiance to the United States, joined its Army, and sought protection when the Confederates tried to re-take the island later that fall.

Immediately after the Union victory, slaves sailed themselves to Hatteras where they were given protection. They built housing near the forts, a place dubbed Hotel DeAfrique, the first slave sanctuary of the war and the precursor to the larger Freedman's Colony on Roanoke Island. Maybe 100 strong at one point, more than a few stayed on the island and worked for occupying troops.

A major morale boost, the Union's first triumph at Hatteras led to further victories at Roanoke Island, Elizabeth City, New Bern and Fort Macon—all key to crippling the Confederate military in this part of the South. 🍌



# THE CIVIL WAR IN EASTERN NORTH CAROLINA: 1862

by Fred W. Harrison, Jr.

**E**astern North Carolina residents today would have little difficulty comparing the events of 1862 with the aftermath of Hurricane Floyd in 1999. It can probably be said that at no other time before or since has there existed such overall uncertainty and fear for the preservation of life and property in North Carolina than during this time 150 years ago.

North Carolinians were not of one mind on the matter of secession. The state reluctantly joined the Confederacy on May 20, 1861. With the fall of Hatteras late that year, the Union army moved quickly to extend its control over eastern North Carolina. On February 7, 1862, troops under Gen. Ambrose Burnside landed on Roanoke Island and forced surrender of the Confederate garrison. A month later the same forces removed to New Bern and captured that town on March 14 and from there Fort Macon in Carteret County. These victories gave Union forces control of the strategically important Albemarle and Pamlico sounds.

Using captured coastal communities as their base, particularly New Bern and Washington, Federal forces repeatedly raided interior eastern North Carolina in a continuous effort to cripple the critical rail link for the Confederacy between Wilmington and Richmond.

It was during the latter half of 1862 that eastern North Carolina would experience the most voracious of these forays in the two-part epic known as Foster's Raid. In early November 1862, the towns of Williamston and Hamilton suffered significant destruction in the wake of John G. Foster's army's unsuccessful attempt to reach the railroad in Tarboro. The Battle of Rawles Mill in Martin County was the first significant opposition displayed by rebel forces in Foster's Raid. A second phase of the raid occurred in December with the battles of Kinston, Whitehall and Goldsboro.

## LEARN WHAT IT WAS LIKE IN 1862

Currently on display in Joyner Library's Langford North Carolina Collection at East Carolina University are a number of rare books, maps prints and other visual ephemera chronicling the year 1862 and the many events that contributed in making eastern North Carolina a civil war battleground.

A great source of information provided in the exhibit are regimental histories, most of which were compiled immediately after the war by Union soldiers. Some of the earliest photographic images of landscapes in the region are contained in these, particularly street scenes of New Bern. Of special note is James B. Gardner's "Record of the Service of the Forty-fourth Massachusetts Volunteer Militia in North Carolina." The Langford Collection owns one of a very few




From Harper's Weekly Magazine (June 28, 1862) depicting the Battle of Tranter's Creek near Washington, N.C., that took place on June 5, 1862.

surviving limited editions of this volume containing 32 hand-pasted albumen images of places visited by the 44th during its stay in eastern Carolina.

Even more fascinating is a newspaper, The New Era, published in "Little" Washington on June 25, 1862. Only two or three issues are known to have survived. The June 25th issue is unique in itself. Washington was captured on March 20, 1862, and the newspaper was one of many Union-sanctioned enterprises during the Federal occupation of that town.

Several contemporary prints from Harper's Weekly Magazine further illustrate the bombardment and occupation of Washington and New Bern, Roanoke Island and successes generated by Gen. Ambrose Burnside.

An exceptional publication on view is Alfred S. Roe's "The Twenty-Fourth Regiment, Massachusetts Volunteers, 1861-1866" (1907). More exceptional is John Jasper Weyth's 1878 volume, "Leaves from a Diary Written While Serving in Co. E, 44 Mass., Dep't of North Carolina, from September 1862 to June 1863," with map and details of the Battle of Rawles Mill in Martin County. 

Fred W. Harrison Jr. is staff librarian with the North Carolina Collection, Joyner Library.



### TO LEARN MORE

For more information about the exhibit currently on display, contact the North Carolina Collection search desk at (252) 328-6601. The Langford North Carolina Collection is located on the third floor of J.Y. Joyner Library on East Carolina University's main campus. For operational hours, see the website at [www.ecu.edu/cs-lib/ncc/index.cfm](http://www.ecu.edu/cs-lib/ncc/index.cfm).



# Staying Cool

*Consider size and efficiency for room air conditioners*

*By Brian Sloboda*

Cooling generally is the largest energy expense homeowners face during the summer. A room air conditioner may seem like an easy-to-install, low-cost way to add comfort, but it's easy to waste energy and money in the process if you aren't careful.

A room air conditioner is an encased assembly—a self-contained box, basically—designed to be mounted in a window, through a wall, or as a console. These units deliver conditioned air to an enclosed space or zone.

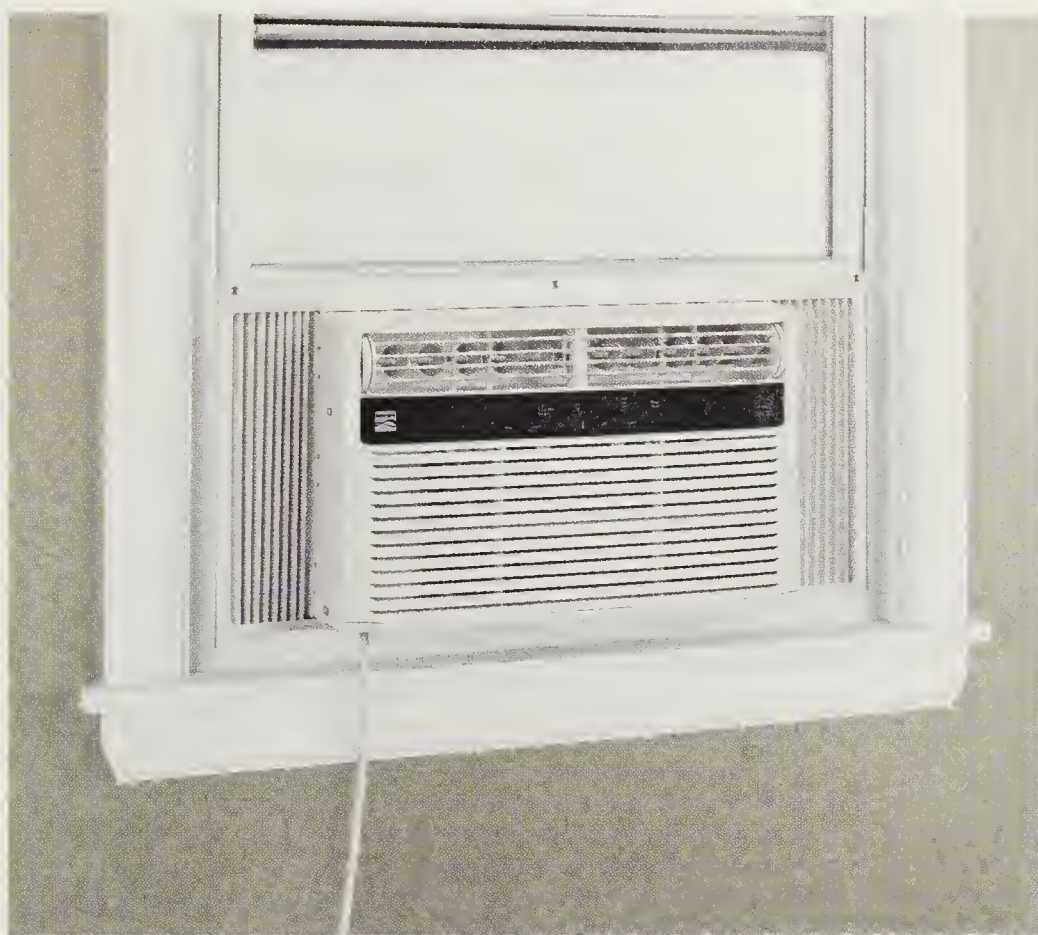
Costing between \$100 and \$1,000, room air conditioners tend to last a long time with minimal maintenance, so selecting the right model can save significant amounts of energy.

Room air conditioners rated by Energy Star, a program run by the U.S. Environmental Protection Agency and U.S. Department of Energy, deliver the same or better performance and use 10 percent less energy on average than comparable models. An energy efficiency ratio (EER)—the ratio of the cooling capacity in British thermal

## Yearly Savings

Energy Star-qualified appliances boast advanced compressors, drawing more heat efficiently from the air. These appliances also use less energy to circulate air and run more quietly. However, they do cost slightly more.

Nationally, an average consumer saves approximately 76 kilowatt-hours per year—about \$8—with an Energy Star-rated room air conditioner. Residents in hot and humid states such as North Carolina could save up to \$30 annually. Over the life of the appliance a consumer could save between \$50 and \$250, depending on the model and climate.



*When shopping, look for Energy Star labels on room air conditioners.*

units (Btu) per hour to the power input (in watts)—measures each unit's efficiency. The higher the EER, the more efficient the air conditioner will be. National appliance standards require room air conditioners built after January 1, 1990, to have a minimum EER of 8.0 or greater.


Consumers should look for room air conditioners with timers and programmable thermostats. These features offer better temperature control, allowing users to cool spaces according to their preferences. For example, you can set the unit to turn on 20 minutes before bedtime to make your bedroom comfortable.

Installing a room air conditioner is typically an easy job. Most can be fit into a window in a matter of minutes. Another option is to create a custom opening in a wall.

Large-capacity units often require a dedicated electric circuit or may have specific wiring and breaker requirements. They may need to be installed by a professional.

Room air conditioners come in a variety of sizes. Many people buy the largest one they can afford, assuming more power is better. But a too-large unit will cool a room too quickly to properly remove humidity, leaving the space feeling cool but also wet and clammy.

Most room air conditioner purchases are “impulse buys”—bought during hot weather by consumers who have conducted little research. Most retail displays do not promote the benefits of Energy Star models. So buy a unit from a knowledgeable retailer who will help you select the right-sized equipment for your room.

Consumers replacing an existing unit should not immediately throw the old one away. Air conditioners contain a refrigerant that should be removed by a trained technician first. Contact your local solid waste organization for information on how to properly dispose of old air conditioners. 

*Brian Sloboda is a program manager specializing in energy efficiency for the Cooperative Research Network, a service of the National Rural Electric Cooperative.*



# Drink to your health

*Proper hydration helps you achieve fitness goals*

Getting fit and losing weight are two of the most common goals people set for themselves each year. Between gym memberships, the latest diet trends and miracle-promising supplements, billions of dollars are spent each year on getting fit and losing weight. But what if one of the simplest things you could do for yourself wasn't found in a costly diet book or in an expensive pill but in your faucet?

## Healthy hydration

Being properly hydrated is one of the best things you can do in taking care of your body. That means being in balance—the water your body loses from perspiration, breathing and other body processes is replaced by the water you consume.

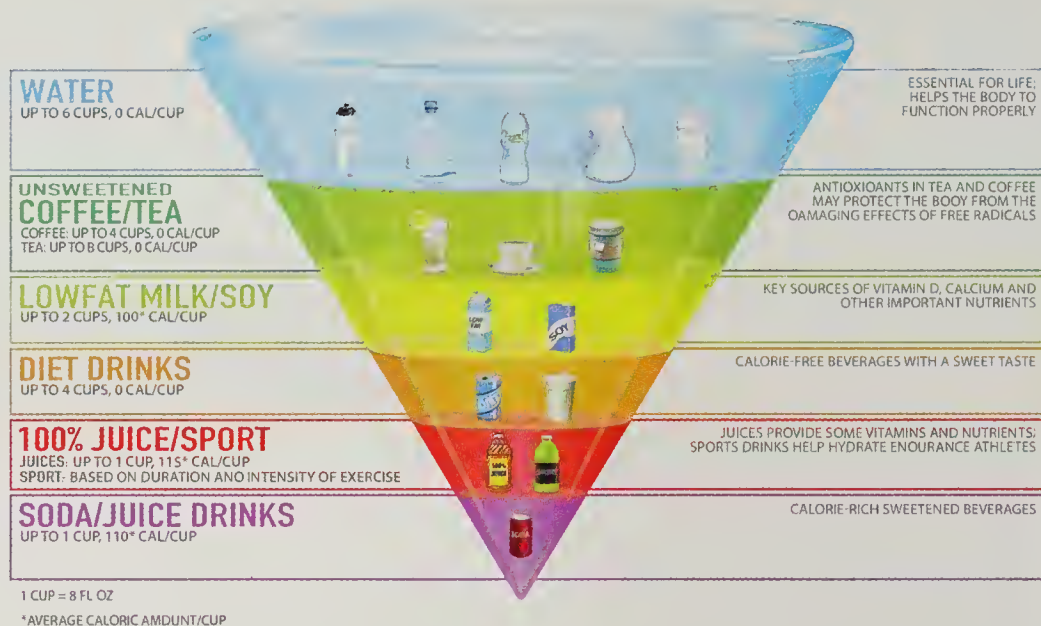
Based on clinical trials on adults, published in the journal *Nutrition Reviews* in 2005, scientists have identified that dehydration has an impact on physical and mental performance. Even mild dehydration—a loss of 1 to 2 percent of body weight—can impact your mental and physical performance. In addition to being thirsty, mild dehydration can cause headaches, decrease your alertness, concentration and memory, and reduce your endurance.

## Water-containing foods

Did you know you can also keep hydrated by eating certain foods?

FOOD	PERCENTAGE OF WATER
Lettuce (1½ cups)	95
Watermelon (1½ cups)	92
Broccoli (1½ cups)	91
Grapefruit (1½ cups)	91
Milk (1 cup)	89
Carrot (1½ cups)	87
Yogurt (1 cup)	85
Apple	84
Flounder	79

*Information from the American Dietetic Association*



## Easy ways to stay hydrated

Here are tips for getting water into your daily routine:

1. Choose water instead of caloric, sweetened beverages, especially during mealtime.
2. Carry bottled water throughout the day.
3. Give your water variety by adding slices of lemon, lime, cucumber or watermelon.
4. Add sugar-free flavored powders to water as a treat.
5. Choose flavored sparkling water as another zero-calorie option.
6. Drink a cup of water before and after workouts, and more if it's hot or your workout is long and strenuous. Sip water throughout the workout for steady rehydration.

## Surprising facts

Did you know that simply replacing one 140-calorie sugared beverage a day with water can cut more than 50,000 calories from your diet each year, as

reported in the *American Journal of Clinical Nutrition*? Here are more facts to drink in:

- The average person gets more than 20 percent of their total caloric intake each day from beverages. Research suggests this number should be closer to 10 percent. To achieve that goal, pay attention to the calories per serving in all your beverages.
- We drink about 450 calories a day. In 1965 we consumed only 225 calories from beverages.
- A 2010 study from the U.S. Department of Agriculture found that soda, energy and sports drinks—including sweetened water products—rank number four as a source of calories for Americans, providing an average of 114 calories/day.

Choosing water can make a powerful difference to your health. To learn more, visit [www.nestle-waters.com](http://www.nestle-waters.com).

*Family Features.com*



# Flame-kissed and juicy

## How to grill steaks to perfection

Tender, juicy and seasoned just right—there may not be anything more satisfying than a perfectly grilled steak. This easy recipe, cooking chart and grilling tips from the experts at Omaha Steaks will help you put the perfect steak on your plate.

### Free steak app

You can get more recipes and also download the free Steak Time app at the company's website, [www.omahasteaks.com](http://www.omahasteaks.com). The app offers recipes and a grilling timer that allows you to enter names of guests or family members and tells you how long to cook each steak depending on the request (well-done or rare, for example), when to add each's steak to the grill and when to turn it.

### Top 5 tips

1. Clean and pre-heat grill on high.
2. Lightly oil and season everything before you put it on the grill. This helps the searing process and prevents sticking.
3. Sear the outside of steaks when grilling, using tongs or a spatula to turn the meat, and cover the grill as much as possible during the grilling process to help lock in the great flavor and to prevent flare-ups.
4. Use the 60/40 grilling method. Grill for 60 percent of the time on the first side, then grill 40 percent of the time after you turn over the food. This will give you an evenly cooked steak.
5. Place your cooked steak on a clean plate and allow to rest for five minutes before serving to retain moisture and juiciness.

### Cooking times

Here's how long you should keep steaks on the heat for grilling perfection. Cooking times are in minutes and based on fully-thawed steaks. You can cut this out and keep it on the refrigerator.

		THICKNESS						
		1/2"	3/4"	1"	1 1/4"	1 1/2"	1 3/4"	2"
<b>Rare</b> 120° to 130°F	First Side	2	4	5	5	6	7	8
	After Turning	2	2	3	4	4	5	6
<b>Medium Rare</b> 130° to 140°F	First Side	3	4	5	6	7	8	9
	After Turning	2	3	4	5	5	6	8
<b>Medium</b> 140° to 150°F	First Side	4	5	6	7	7	8	10
	After Turning	2	3	4	5	6	7	8
<b>Well Done</b> 160° to 170°F	First Side	5	7	8	9	10	11	13
	After Turning	3	5	6	7	8	9	11



### Peppercorn-Crusted Strip Steaks

- 4 strip loin steaks
- 2 tablespoons olive oil
- 3 teaspoons coarsely ground black peppercorns
- 1 teaspoon coarsely ground sea salt
- 4 teaspoons garlic cloves, minced

Preheat grill on high. In a small bowl, combine black peppercorns, salt and garlic.

Blot steaks dry with a clean paper towel. Brush both sides of steaks with olive oil.

Evenly apply rub onto one side of each steak. Determine correct cooking times. Grill steaks to desired doneness. Serve steaks with rub side up.

*Yield: Four servings*

*Family Features.com*



# Let's Talk TRASH

*Is bottled water really better?*

*Last in a series by Amy Ney*

Once upon a time we all drank tap water but now many people get their water from disposable plastic water bottles. According to a 2009 report by the Beverage Marketing Corporation, American consumers spent almost \$8.5 billion that year to purchase bottled water, leading to revenues of almost \$10.6 billion for the bottled water industry. Is that bottled water safer than tap water? Let's sort out fact from fiction.

First of all, bottled water is expensive. Depending on where it is purchased, bottled water can cost five cents or more per ounce. To put it into perspective, gasoline currently costs nearly three cents per ounce. At 128 ounces per gallon, that's over \$6 for a gallon of water! Even organic orange juice and milk don't cost that much. Bottled water just doesn't make good financial sense, especially in this economy.

Next, bottled water is not any healthier than tap water. As a matter of fact, approximately one-third of bottled water is actually filtered tap water. The cleanliness of bottled water is regulated by the FDA (or if sold within the state, it is regulated by the state) rather than the stricter EPA regulations that govern tap water. Studies have shown that bottled water may contain contaminants not allowed in tap water, and that plastic bottles can leach chemicals such as Bisphenol A (BPA) into the water.

Even more importantly, bottled water generates lots of trash. In one year, North Carolinians throw away over 64 tons of water bottles (at an average of 23.83 grams each), worth more than \$41.4 million. Some reports estimate that up to 80 percent of water bottles are thrown away rather than being recycled, even though plastic bottles are banned from disposal in North Carolina landfills.

It requires 17 million barrels of oil annually to produce water bottles for the U.S. market alone—depleting our resources for bottles that take thousands of years to break down and often end up polluting our waterways and oceans while wreaking havoc on marine wildlife. In addition, the unsustainable availability of bottled water detracts from the resources necessary to maintain public drinking water infrastructure, as well as turning water into an expensive commodity instead of a precious resource available and affordable to all.



The best method to protect your wallet and our environment is to use a refillable glass or metal water bottle and carry it with you when you travel. If serving water at public events or at home, use a pitcher. If you don't like the way your tap water tastes, purchase an inexpensive carbon filter. Talk to your municipality and favorite restaurants about not serving bottled water, except in an emergency. Be an advocate for adequate funding and good management of municipal water systems and pay attention to your local water issues. Finally, conserve water wherever you can, and encourage others to do the same.

## Benefits of recycling

When we discuss trash like plastic bottles, we have to discuss recycling, because the two go hand in hand. Both reducing our usage and recycling decrease the amount of trash that enters our landfills and our environment. It also provides jobs and boosts our economy by employing over 14,000 North Carolinians and creating a payroll upward of \$300 million that is reinvested in our local economies by employees. Imagine how the industry could grow if we utilized all of the \$270 million worth of recyclable goods that North Carolinians throw away every year!

To determine what recycling facilities exist in your area, contact your county or municipality. For example, convenience centers are located throughout Haywood County that accept household waste and recyclables—aluminum cans, bottles and jars, steel cans, plastics labeled 1–7, and any type of paper or cardboard from a tree. If recycling services are limited in your area, encourage your county or municipality to increase services, and ask your friends and neighbors to do the same. The simple act of recycling makes an enormous collective impact by protecting our natural resources (air, water, trees, soil, gas, oil, etc.), increasing available land-fill space, and influencing our economy, environment and even our employment rate. ♻️

*Amy Ney is a freelance writer in Canton and a member of Haywood EMC.*



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Aug. 8 with your name, address and the name of your electric cooperative.

**By e-mail:** where@carolinacountry.com

**Or by mail:** Where in Carolina Country?  
P.O. Box 27306  
Raleigh, NC 27611

The winner, chosen at random and announced in our September issue, will receive \$25.

**WHERE IN  
CAROLINA COUNTRY  
IS THIS?**



### July winner

More than 300 of you—from all over the state—recognized the scene in the July photo, even though quite a few of you did not include your address in your answer. It is the Nedo Shopping Center (True Value Hardware) in Hatteras Village on the Outer Banks. Many of you said you love this local store and wished you were there. Ryan Oden, owner, said, "We were established in 1986, and we are a locally-owned store dedicated to serving the people in our community." Many of you knew that the name comes from Oden spelled backwards. The winner, whose correct answer was selected at random from all the submissions, was Joseph Lamm of Harkers Island, a member of Carteret-Craven Electric Cooperative.



July



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# I Remember...



## Granny's prize

My Granny, Destie Bare McGuire, was born in a two-room log cabin on the New River of Ashe County in 1921. Granny has a great memory. She loves to tell stories about her long, interesting life, and I love to hear them. One of my favorites is the story of her New Testament Bible. On November 3, 1931, Granny won a spelling bee at her school in Jefferson. She

admits that she benefited from reading her teacher's lips as she silently spoke the letters. Her prize for winning was a small, black New Testament Bible.

Years later, my late grandfather, H.R. McGuire, took the Bible with him when he went to serve our country in World War II. He carried the Bible over his heart in a shirt pocket for the duration of his time in the Navy. Thankfully, the Bible and my grandfather returned home safely after brave service.

Granny still has the Bible, and she loves to show it off and proudly tell the story.

*R. Blair Bryant, Granite Falls, Blue Ridge EMC*

## Our mother's promise

When I was growing up, my sister and I slept together. We were the oldest of four girls. She had epilepsy spells, always at about 6 in the morning, though she didn't have one every morning. Each time they would start, she called Mother. My mother was a Christian and made a promise with God that if he healed my sister of epilepsy, she would never cut her hair again. God did just that. He healed my sister. And our mother never cut her hair again.

*Bertie Futch, Princeton, Tri-County EMC*

## SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

### Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. E-mail: [iremember@carolinacountry.com](mailto:iremember@carolinacountry.com)  
Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

## Rides of a lifetime

Growing up in the 1960s, my mom and dad made sure life wasn't boring at our house.

There was my TV debut on Romper Room, WHGP Channel 8, with our first and favorite teacher Miss Libba Hinkle.

I have to admit our NASCAR days were not a favorite. I hated the loud noise. My mom made and had friends everywhere we went, and Flossie (the former Mrs. Junior Johnson) was one of them. These two were really nice folks, and I recall the time they invited us for a meal. Flossie, an excellent cook, fixed us a heavenly meal. Mother was wise not to tell us that the chicken was fresh that day, from the coop (Holly Farms). Mom couldn't wait to get every one of Flossie's cookbooks.

Getting to go to Nelson and Andi Royal's ranch to ride horses and watch the rodeos was a blast.

Back in the days when Thomasville had a civic center, we got to go see Loretta Lynn in concert.

I lost my mother a year ago to pancreatic cancer and what a loss it was. I still have my dad and perhaps there are a few adventures still to come. But what a ride it has been.

*Linda Crump, Thomasville, Randolph EMC*



Romper Room 1965-66. I am second from left, looking a little bored.



Loretta Lynn in Thomasville.



Nelson Royal's horses. I am on the right.



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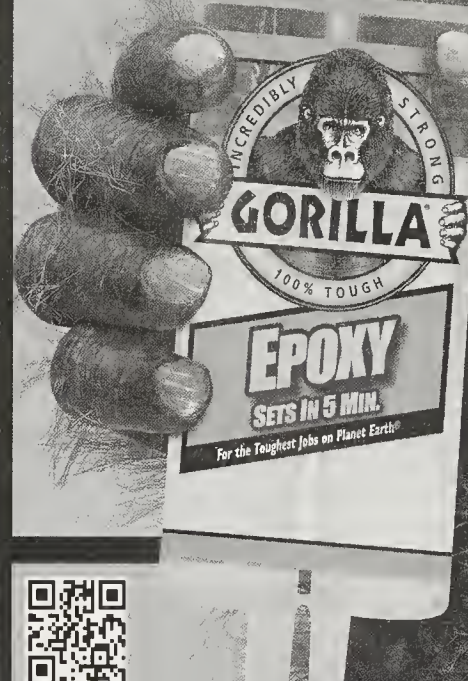
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Said Tweedle Dee to Tweedle Dum,  
 "TV adds to my tedium.  
 I find that the fare's  
 neither well done nor rare,  
 and few are content with the medium."  
 —cgj

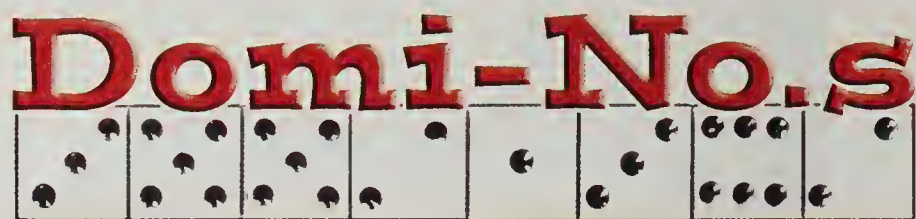
## Rating Abbreviating

FT sometimes stands for foot  
 and sometimes stands for feet.  
 ST sometimes stands for saint  
 and sometimes stands for street.

If UT stands for Utah, then  
 why isn't CT cutah?  
 And if VT means Vermont,  
 why isn't MT "mermont"?  
 But MT is Montana,  
 or sometimes only Mount.  
 And CT is Connecticut,  
 but sometimes it is count.

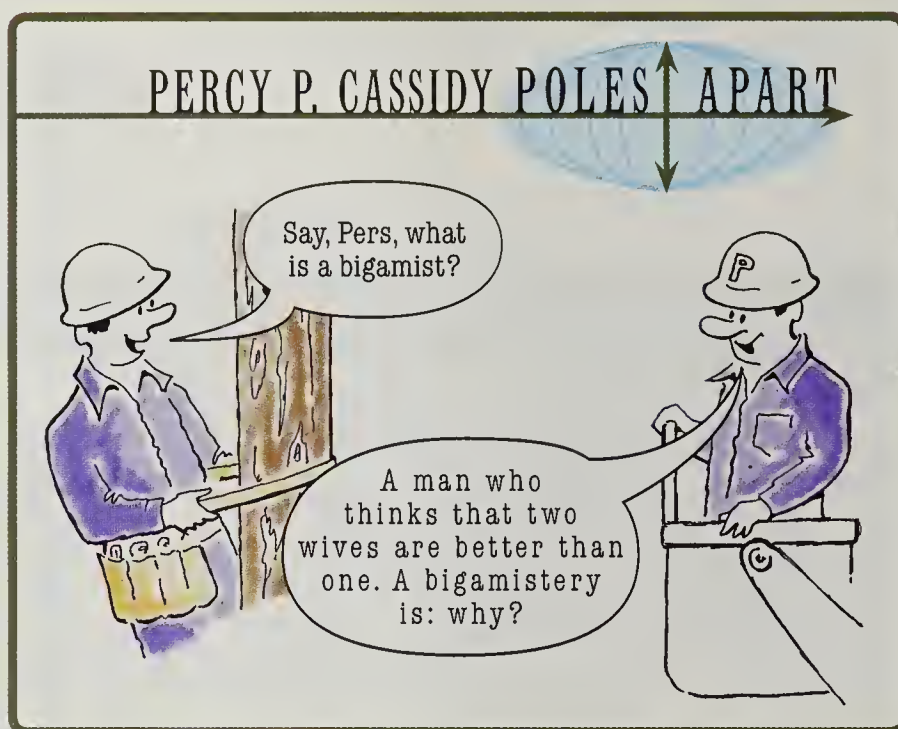
Mind your P's and Q's, we say  
 —meaning PTs and QTs.  
 And PTs may be boats,  
 or maybe, sometimes, ports.

Oh, English is a language that one  
 should be born to use, but if you are an  
 immigrant, you feel you're born to lose.  
 —cgj



Each letter in this  
 multiplication problem  
 stands for a digit. Given  
 $I=9$  and  $A=3$ , can you  
 replace the missing  
 digits that get MUSIC  
 out of this PIANO?

	9	3		
P	I	A	N	O
				3
X				A
<hr/>				
			9	
M	U	S	I	C



## Find the Value of ASHE County

If the letters S A E H stand for four digits in  
 sequential ascending order, and the square of the  
 two-digit number HS is the four-digit number  
 ASHE, can you find the value of ASHE?



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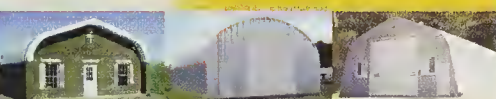
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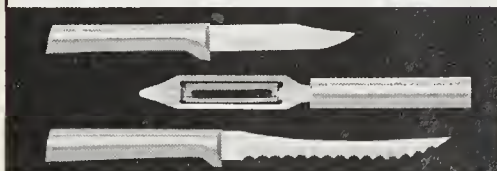
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Photo courtesy of Scott Atkinson

Photo courtesy of Tom King

## Getting To Know... Kristi Overton Johnson

**Known for:** Competitive water-skiing

**About:** This Greenville, N.C., native started skiing on Pamlico River in Bath at age 5, and captured state, regional and national records before turning pro at age 13. Kristi decided to specialize in the slalom event due to a hip

deformity. For many years, Kristi dominated the women's slalom event, accumulating 80 professional wins and capturing more No. 1 world rankings than any other female skier in history. She is an eight-time U.S. Masters Champion, four-time U.S. Open Champion, and held the world and national record in women's slalom from 1992–2010. Kristi departed from the professional circuit in 2004 after facing 10 major surgeries, including a complete reconstruction of her pelvis. Today, the married mother of three is a motivational speaker, a published book author and a columnist who

works for the non-profit ministry she founded, Champion's Heart, a water-sports outreach program based in Florida that helps at-risk children ([www.championsheart.org](http://www.championsheart.org)). She recently was inducted in the North Carolina Sports Hall of Fame.

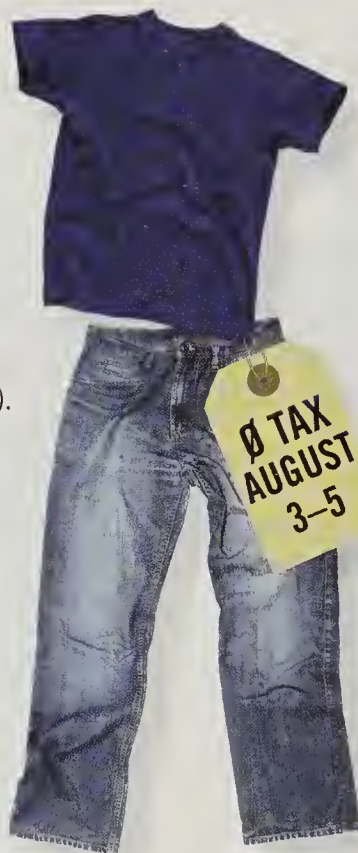
**Quote:** "Champions aren't people who never fall. They are people who continue to get up time and time again, learn from the mistakes and press forward, often one step at a time!"

## Save on back-to-school purchases

Remember, parents and teachers can save a bundle by shopping during North Carolina's tax-free weekend, set for Aug. 3–5 (Friday through Sunday). These items will be exempt from sales tax:

- Clothing, footwear and school supplies under \$100
- Sports and recreation equipment under \$50
- Computers under \$3,500
- Computer equipment under \$250

Find more about the tax holiday at North Carolina Department of Revenue's website, [www.dornrc.com](http://www.dornrc.com)



## tar heel lessons

a guide to NC for teachers and students

### Upping your recycling game

You can find out exactly where to recycle numerous household items in your area, including soda cans, cell phone accessories and even wire clothes hangers, by putting in your North Carolina zip code at [www.earth911.com](http://www.earth911.com). In addition to targeting your items for valuable reuse, sometimes you can help a local business that hosts recycling receptacles raise money for charity. Check it out!



*Earth911.com has lots of fun ideas for reusing items. Plastic Tic Tac boxes can be used to organize small items, and shoes can take on a new look through decoupage.*



**Riddle** A magician is standing on a concrete floor holding a raw egg with his hand outstretched. Without the aid of any objects, he is able to drop the egg two feet without breaking its shell. How does he do it? It doesn't break the first two feet of its fall. The egg. He holds the egg higher than two feet and then releases it. **Answer**



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# August Events



*Unearth unique, handmade items from artisans across the Blue Ridge region at the Mt. Mitchell Crafts Fair in Burnsville on August 3-4. The more than 200 crafts include handmade quilts, jewelry, hand-turned wooden household items, pottery, art fabrics, rustic furniture, traditional mountain musical instruments and more. View craft demos, take in singing and dancing, and lunch on southern fare. (828) 682-7413 or [www.yanceychamber.com](http://www.yanceychamber.com)*

## Mountains (west of I-77)

### Art Walk

Aug. 3, Murphy  
(828) 494-7403  
[www.valleyriverarts.com](http://www.valleyriverarts.com)

### Mt. Mitchell Crafts Fair

Aug. 3-4, Burnsville  
(828) 682-7413  
[www.yanceychamber.com](http://www.yanceychamber.com)

### SugarBrew

Crafts, beer, wines, music & food  
Aug. 4, Sugar Mountain  
(828) 898-4521  
[www.sugarbrew.com](http://www.sugarbrew.com)

### Neal Hellman

Dulcimer workshops  
Aug. 5, West Jefferson  
(336) 846-2787  
[www.ashecountyarts.org](http://www.ashecountyarts.org)

### The ToneBlazers

Performing Americana music  
Aug. 9, Morganton  
(828) 433-7469  
[www.commaonline.org](http://www.commaonline.org)

### Emile Pandolfi

Pianist  
Aug. 11-12, West Jefferson  
(336) 846-2787  
[www.ashecountyarts.org](http://www.ashecountyarts.org)

### Music On The Mountain

Primarily bluegrass  
Aug. 12, Chimney Rock State Park  
(828) 287-6113  
[www.chimneyrockpark.com](http://www.chimneyrockpark.com)

### Strictly Clean & Decent

Acoustic trio concert  
Aug. 16, Morganton  
(828) 433-7469  
[www.commaonline.org](http://www.commaonline.org)

### Dirty Dancing Festival

Aug. 17-18, Lake Lure  
(828) 287-6113  
[www.dirtydancingfestival.com](http://www.dirtydancingfestival.com)

### Riverview Lions Festival

Food, music, duck race  
Aug. 18, Creston  
(336) 620-3171

### Festival By The New River

Aug. 18, Creston  
(336) 927-4472

### Hot Nights/Cool Rides

Car, truck and motorcycle show  
Aug. 18, Forest City  
(828) 287-6113  
[www.forestcityevents.com](http://www.forestcityevents.com)

### Riders In The Sky

Classic cowboy quartet concert  
Aug. 18-19, Blowing Rock  
(919) 277-1184  
[www.tweetsie.com](http://www.tweetsie.com)

### Cruso Quilt Show

Aug. 24-25, Canton  
(828) 235-8111

### Hickory Nut Gorge Olympiad

Races, pickleball, golf, ski show  
Aug. 24-26, Lake Lure  
(828) 287-6113  
[www.hickorynutolympiad.com](http://www.hickorynutolympiad.com)

### Ricky Nelson Remembered

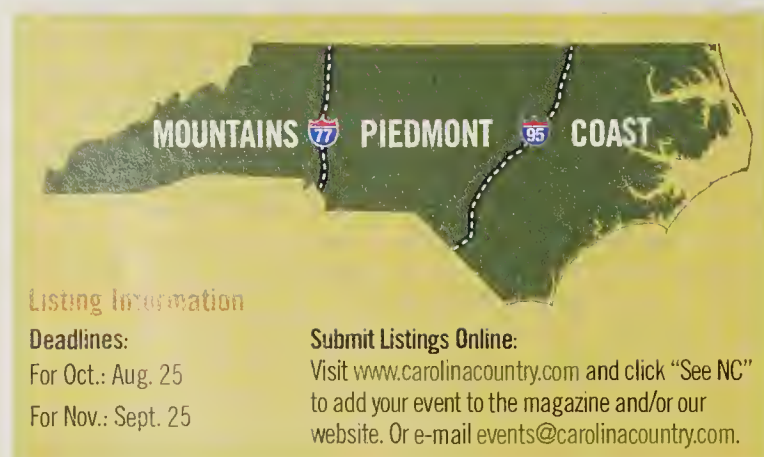
Multi-media show includes music by twin sons  
Aug. 25, Morganton  
(828) 433-7469  
[www.commaonline.org](http://www.commaonline.org)

### Beach Music Festival

Aug. 25, Dallas  
(704) 922-2304  
[www.wsge.org](http://www.wsge.org)

### Travis Tritt

Country star  
Aug. 30, Spindale  
(828) 287-6113  
[www.foundationshows.org](http://www.foundationshows.org)



### Listing Information

#### Deadlines:

For Oct.: Aug. 25

For Nov.: Sept. 25

#### Submit Listings Online:

Visit [www.carolinacountry.com](http://www.carolinacountry.com) and click "See NC" to add your event to the magazine and/or our website. Or e-mail [events@carolinacountry.com](mailto:events@carolinacountry.com).



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[www.historiccarsonhouse.com](http://www.historiccarsonhouse.com)

**Bluegrass Music Jam**

Thursdays, Marion  
(828) 652-2215

**Alice in Wonderland**

A participation play  
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[www.horninthewest.com](http://www.horninthewest.com)

**Big River**

Play adaption of "Huckleberry Finn"  
Through Aug. 11, Burnsville  
(828) 682-4285  
[www.parkwayplayhouse.com](http://www.parkwayplayhouse.com)

**Wicked Plants**

Exhibit on diabolical botanicals  
Through Sept. 3, Asheville  
(828) 665-2492  
[www.ncarboretum.org](http://www.ncarboretum.org)

**Hickory Ridge**

**Living History Museum**  
Backcountry lives of ancestors  
Through Oct 13, Boone  
(828) 266-1345  
[www.hickoryridgemuseum.com](http://www.hickoryridgemuseum.com)

**Cruise Inn**

First Saturday through Oct.  
Lenoir  
(828) 728-2456  
[www.lenoircruisers.com](http://www.lenoircruisers.com)

**Art Walk**

Through Nov. 2, Murphy  
(828) 494-7403  
[www.valleyriverarts.com](http://www.valleyriverarts.com)

**Country/Bluegrass Jam Session**

Friday nights through Nov. 30,  
Lake Toxaway  
(828) 966-4060

**Alleghany Jubilee**

Through Dec. 28, 2013  
(Tues. & Sat. nights)  
Sparta  
(336) 372-4591  
[www.alleghanyjubilee.com](http://www.alleghanyjubilee.com)

**Friday Night Music At The Mills**

Aug. 3–31, Union Mills  
(828) 287-6113  
[www.unionmillslearningcenter.org](http://www.unionmillslearningcenter.org)

**Romeo And Juliet**

Play about tragic lovers  
Aug. 25 through Sept. 1, Burnsville  
(828) 682-4285  
[www.parkwayplayhouse.com](http://www.parkwayplayhouse.com)

**Piedmont** (between I-77 & I-95)**Puss In Boots**

Children's show  
Aug. 1 & 15, Snow Camp  
(336) 376-6948  
[www.snowcampdrama.com](http://www.snowcampdrama.com)

**James Gregory**

Comedy performance  
Aug. 2, Troy  
(704) 985-6987  
[www.bluegrassintroy.com](http://www.bluegrassintroy.com)

**The Embers**

Beach music  
Aug. 3, Mount Airy  
(336) 786-7998  
[www.facebook.com/BlackmonAmphitheatre](http://www.facebook.com/BlackmonAmphitheatre)

**Wild Wings**

Biologist releases hummingbirds  
Aug. 4, Belmont  
(704) 825-4490  
[www.dsb.org](http://www.dsb.org)

**Old-Time Dance**

Slate Mountain Ramblers  
Aug. 4, Mount Airy  
(336) 786-7998  
[www.surryarts.org](http://www.surryarts.org)

**NCCARES Charity Auction**

Raffles, family fun, food  
Aug. 4, Mooresville  
(336) 764-5967  
[www.operationnorthstate.com](http://www.operationnorthstate.com)

**Bethabara Concert Band**

**& Family Evening**  
Aug. 9, Winston-Salem  
(336) 650-0753  
[www.bethabarapark.org](http://www.bethabarapark.org)

**Singles Party**

DJ and appetizers  
Aug. 10, Cornelius  
(704) 500-9305  
[www.meetup.com/lake-norman-over-40-singles/events](http://www.meetup.com/lake-norman-over-40-singles/events)

**Sea Cruz**

Musical menu includes beach music  
Aug. 10, Mount Airy  
(336) 786-7998  
[www.facebook.com/BlackmonAmphitheatre](http://www.facebook.com/BlackmonAmphitheatre)

**Summer Arts Fest**

Aug. 11, Fayetteville  
(910) 483-5311  
[www.visitfayettevillenc.com](http://www.visitfayettevillenc.com)

**The Crossing**

Non-powered vessels  
traverse open water  
Aug. 11, Littleton  
(252) 586-7398  
[www.osail.org](http://www.osail.org)

**Trombone Shorty & Orleans Avenue**

Jazz, blues, funk, R&B and rock  
Aug. 17, Raleigh  
(919) 839-6262  
[www.ncartmuseum.org](http://www.ncartmuseum.org)

**Carolina Classics At The Capital**

Car show  
Aug. 17–19, Raleigh  
(919) 423-4637  
[www.classicsatthecapital.com](http://www.classicsatthecapital.com)

**Art Plunge**

Fine art, crafts show and sale  
Aug. 18, Lake Gaston  
(252) 586-6497

**Bluegrass Concert**

Aug. 18, Albemarle  
(704) 791-7399  
[www.littlecreekmusicpark.com](http://www.littlecreekmusicpark.com)

**Stanly County Agri-Civic Day**

Aug. 18, Albemarle  
(704) 986-3666  
[www.stanlyciviccenter.com](http://www.stanlyciviccenter.com)

**Bohemian Arts & Music Fest**

Aug. 19, Fayetteville  
(910) 483-5311  
[www.cumberland.lib.nc.us](http://www.cumberland.lib.nc.us)

**National Truck & Tractor Pull**

Aug. 24–25, Henderson  
(252) 438-2222  
[www.tpull.com](http://www.tpull.com)

**Bluegrass & Old-Time Music**

Ralph Pennington  
Memorial Reunion concerts  
Aug. 24–25, Gold Hill  
(704) 267-9439  
[www.fifthstringandco.com](http://www.fifthstringandco.com)

**Mary Chapin Carpenter**

Singer-songwriter  
Aug. 25, Raleigh  
(919) 839-6262  
[www.ncartmuseum.org](http://www.ncartmuseum.org)

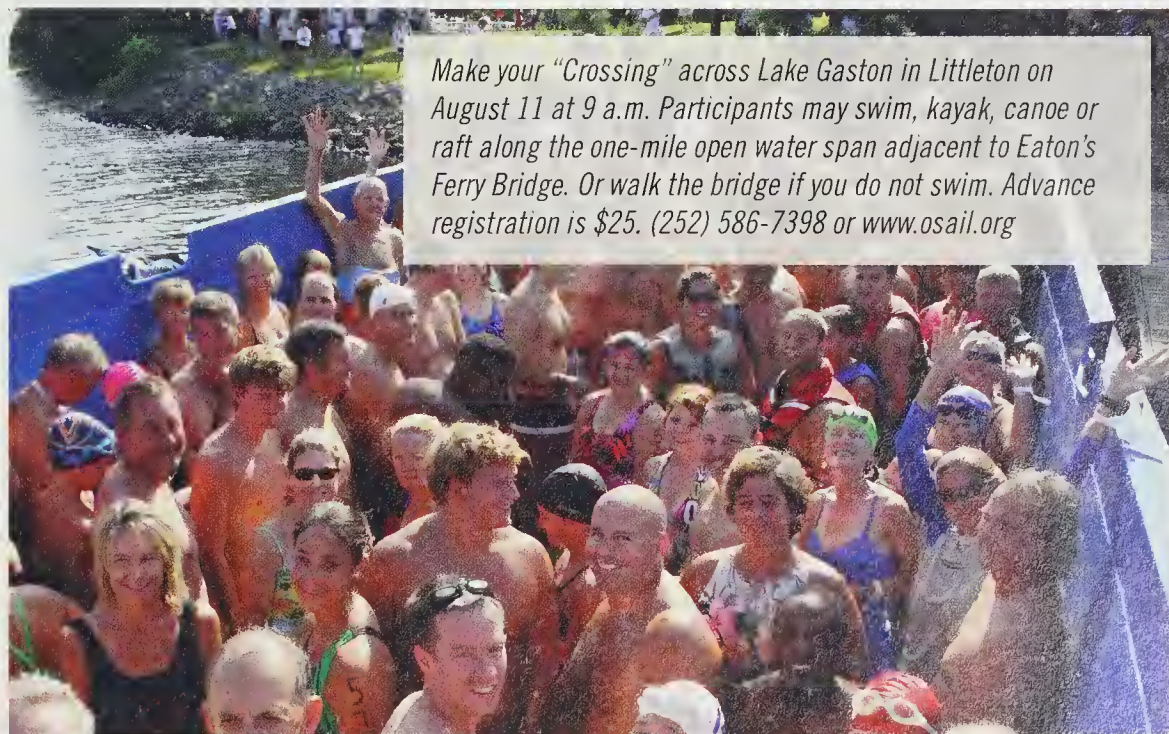
**Mayberry Nights**

Musical tribute to TV show  
Aug. 25, Troy  
(704) 985-6987  
[www.bluegrassintroy.com](http://www.bluegrassintroy.com)

## ONGOING

**Maness Pottery & Music Barn**

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(910) 948-4897  
[www.liveatclydes.com](http://www.liveatclydes.com)



*Make your "Crossing" across Lake Gaston in Littleton on August 11 at 9 a.m. Participants may swim, kayak, canoe or raft along the one-mile open water span adjacent to Eaton's Ferry Bridge. Or walk the bridge if you do not swim. Advance registration is \$25. (252) 586-7398 or [www.osail.org](http://www.osail.org)*



**Durham Civil War Roundtable**

Third Thursdays, Durham  
(919) 643-0466

**Art After Hours**

Second Fridays, Wake Forest  
(919) 570-0765  
[www.sunflowerstudiowf.com](http://www.sunflowerstudiowf.com)

**Betty Lynn (Thelma Lou)**

Appearance at Andy Griffith Museum  
Third Fridays, Mount Airy  
(336) 786-7998  
[www.visitmayberry.com](http://www.visitmayberry.com)

**Arts Councils' Fourth Friday**

Fayetteville  
(910) 483-5311  
[www.theartscouncil.org](http://www.theartscouncil.org)

**The Sword of Peace**

Dramatic portrayal  
of American Revolution  
Through Aug. 12, Snow Camp  
(336) 213-5746  
[www.snowcampdrama.com](http://www.snowcampdrama.com)

**Pathway To Freedom**

Play about Underground Railroad  
Through Aug. 18, Snow Camp  
(336) 213-5746  
[www.snowcampdrama.com](http://www.snowcampdrama.com)

**Refractions**

Paintings, mosaics  
Through Aug. 26, Hillsborough  
(919) 732-5001  
[www.hillsboroughgallery.com](http://www.hillsboroughgallery.com)

**History Of The Harvest**

Outdoor agriculture/  
planting beds exhibit  
Through August, Raleigh  
(919) 807-7900  
[www.ncmuseumofhistory.org](http://www.ncmuseumofhistory.org)

**Al Norte al Norte:**

**Latino Life in North Carolina**  
Through April 28, 2013, Raleigh  
Prize-winning photographer's images  
(919) 807-7900  
[www.ncmuseumofhistory.org](http://www.ncmuseumofhistory.org)

**Music Barn Concerts**

Bluegrass  
Aug. 4–Dec. 31, Mt. Gilead  
(910) 220-6426  
[www.mgmusicbarn.com](http://www.mgmusicbarn.com)

**Clotilde Burcher**

Guest artist Sunflower Studio  
Aug. 10–Sept. 8, Wake Forest  
(919) 570-0765  
[www.sunflowerstudiowf.com](http://www.sunflowerstudiowf.com)

**Possibilities**

Kiln-formed glass, metal sculpture,  
paintings, mixed media  
Aug. 27–Sept. 23, Hillsborough  
(919) 732-5001  
[www.hillsboroughgallery.com](http://www.hillsboroughgallery.com)

**Coast** (east of I-95)**American Heroes Day**

Rescue equipment displays,  
demos, music  
Aug. 2, Rodanthe  
(252) 987-1552  
[www.chicamacomico.net](http://www.chicamacomico.net)

**Golden Oldies**

Music from '50s and '60s  
Aug. 18, Rose Hill  
(800) 774-9634  
[www.duplinwinery.com](http://www.duplinwinery.com)

**Art In The Park**

Aug. 25, Jacksonville  
(910) 347-5332  
[www.onslowcountync.gov/parks](http://www.onslowcountync.gov/parks)

**ONGOING****Art Walk**

First Friday, Elizabeth City  
(252) 335-5330  
<http://ecncart.com>

**Art Walk**

First Friday, Greenville  
(252) 329-4200  
[www.uptowngreenville.com](http://www.uptowngreenville.com)

**Ghostly Walking Tours**

Through Sept. 2, New Bern  
(252) 571-4766  
[www.ghostofnewbern.com](http://www.ghostofnewbern.com)

**Workboats & Watermen In Civil War**

Through Sept. 4, Manteo  
(252) 475-1500  
[www.roanokeisland.com](http://www.roanokeisland.com)

**Much Ado About Nothing**

Carolinian Shakespeare  
Festival performance  
Aug. 3–19, New Bern  
(252) 639-3524  
[www.ecuarts.com](http://www.ecuarts.com)

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you, visit [www.ncfarmfresh.com/farmmarkets.asp](http://www.ncfarmfresh.com/farmmarkets.asp).



## THE BROWN MOUNTAIN LIGHTS ARE STILL A MYSTERY.

(JUST LIKE WHY YOU HAVEN'T  
BEEN HERE TO SEE THEM.)

It appears that here in Morganton, North Carolina, we've got a strange phenomenon on our hands. It's a mystery known simply as the Brown Mountain lights. Legend has it that the lights dance in the hillsides at night and have been witnessed by thousands – but explained by none. Yet the biggest mystery is why you haven't come to see them for yourself. Visit [TrailheadWNC.com](http://TrailheadWNC.com) to start your own investigation.

**Morganton**  
NORTH CAROLINA  
*Nature's Playground*





# Old peonies for new gardens

Peonies have long been a beautiful tradition in Carolina country landscapes, but folks who have never grown them might be hesitant to give these pretties a try because they can be finicky bloomers, right? Well, yes and no. Many cultivars bred in more northern climates need longer, colder winters than the sunny South can provide to stimulate spring flower production, but there are old-time, tried-and-true selections that have proven to be steady performers in our warmer region. Need examples?

Some of the better time-tested varieties for southern gardens include 'Monsieur Jules Elie' (introduced in 1888) that sports light pink, double blooms; 'Festiva Maxima' (1851), a perfumed, double-white charmer; 'Nymphe' (1913), with its fragrant, blushing pink blossoms (pictured); 'Sarah Bernhardt' (1906), a popular selection with pleasing, double-pink flowers; 'Felix Crousse' (1881), a raspberry red showoff; and 'Flame' (1939), which is well lit with eye-catching red single flowers.

In this region, peony divisions are best planted in September. Locate them in an area that receives at least six hours of sun with a bit of shade in the afternoon. The soil should be well-draining and amended with compost. In acidic soil, mixing in a hand full of lime is also a good idea.

The planting hole should be worked to at least 18 inches deep and 12 inches wide, but the top of each division should be placed no deeper than an inch below the soil. Setting peony divisions too deep is one of the main reasons these beauties fail to flower.

## Garden To Do's

### August

- ▶ There is still time to squeeze more produce out of the veggie patch by adding fast-maturing plants such as eggplants, peppers, squash, cucumbers and tomatoes early this month.
- ▶ Cool-season vegetables such as collards, broccoli, cauliflower, lettuce and spinach can also be started now from seed in flats in a shady location.
- ▶ Free plants! August is a good time to dig and divide cannas, irises, primroses, spider lilies and daylilies.
- ▶ It's time to plant bulbs. No, not spring-flowering bulbs but rather fast-maturing, fall-blooming beauties such as colchicum, sternbergia and autumn-flowering crocus that will put on a surprise show before winter grips the garden.
- ▶ Neighborhood dogs and cats enjoying your garden a little too much? Sprinkle fine-ground black pepper around their favorite play spots. A snoot full and a few sneezes later, and they will think twice about sneaking into your garden again.



### September

- ▶ Add some colorful snap to the fall flower garden by including such plants as asters, calendulas, dusty millers, ornamental kales, flowering cabbages and pansies.
- ▶ Keep leaves and fallen fruit raked up from under crabapple trees to help control a fungal disease known as scab. Wear long pants for this chore because hornets, wasps and yellow jackets like to imbibe on the juice of overripe fruit, and an insect with a buzz on and a stinger readily on hand is a big "Ouch!" waiting to happen.
- ▶ Before leaf fall, examine your woody ornamentals for dead, diseased or damaged limbs and prune them off.
- ▶ Begin bringing in house plants before nighttime temperatures start to cool into the 50s. Repot if necessary, prune unsightly foliage and check carefully for unwanted insects looking for winter havens.
- ▶ Keep the bird feeder well stocked because activity will increase with the coming of fall. Also, continue cleaning out the bird bath and adding fresh water weekly. 🐦

*L.A. Jackson is the former editor of Carolina Gardener Magazine. If you would like to ask him a question about your garden, contact L.A. at: [lajackson1@gmail.com](mailto:lajackson1@gmail.com).*

### Tip of the month

A good way to save culinary herbs before the first killing fall frosts is to harvest them fresh, chop up finely, put in ice trays, add water and slip them into the freezer. Then, when a soup, stew or sauce needs an extra tasty zing this winter, toss in a few herb cubes during preparation.



## How to handle musty crawlspaces

**Q** My parents' home occasionally has a musty odor when I visit. They spend a lot of time indoors and seem to have gotten used to the smell. I'm worried that it could affect their health or the quality of their home. I suspect the vented crawlspace is causing the smell. Is this issue relatively easy to fix?

Yes, this can be easily fixed by stopping the water that supports the biological growth giving off that musty smell.

Take a peek into the crawlspace. Depending on the layout of the house, you might be able to see quite a bit without crawling inside. If you see standing water, you'll need to figure out where it is coming from. You or a brave friend will need to explore the crawlspace to determine if the water is from a plumbing leak, groundwater or a recent rain event. If there is no plumbing leak or obvious groundwater problem, head outside to find other ways water is getting inside.

From the exterior of the house, make sure that the soil touching the foundation walls slopes away from the house. You never want standing water next to the foundation, and you especially don't want it pouring in through a foundation vent.

Next, walk around the house looking up. Are there gutters? Are they clear of debris? Are they connected to each other and secured to the house? Make sure that the gutter is connected to the downspout. Is there a downspout extender that takes the roof water at least five feet away from your house? Check for clogs in underground drain pipes with a water hose. Unless you're a wiz at math, my final question is best answered in the rain: Are the gutters and downspouts adequately sized (e.g., is the rainwater flowing in the gutters or flowing over them like Niagara Falls)?

It also wouldn't hurt to take a peek into the crawlspace after a rainstorm to see if there is standing water beneath the house.

The solutions to liquid water vary for every home. My home needed a few wheelbarrow loads of soil in a few spots to make the ground slope away from the house, gutter extenders to prevent miniature ponds at the end of each downspout, a few gutter repairs and my dear husband emptying pine needles from the gutters regularly. Some homes may need protection around crawlspace vents to keep rain from flowing into the crawlspace. Other homes need more intense grading, a drain around the perimeter, a sump pump to remove groundwater build-up, or a plumber to fix a long-term leak. Bigger issues are best solved by a trusted contractor.

Once liquid water has been addressed, you can move on to minimizing the water that you can't see: air-transported water vapor. The soil under nearly all homes in North Carolina has moisture in it. If the crawlspace floor is dirt,



you should install a vapor retarder throughout the entire crawlspace. The term may sound technical but the material is not: six millimeter or thicker plastic on a roll. Seams should be overlapped a minimum of 12 inches and taped. The vapor retarder should also extend at least six inches up the foundation wall and piers. I prefer visiting crawlspaces that have slightly thicker plastic and are secured to the ground. This minimizes the potential of damage from cable guys, plumbers or a building scientist.

While you're going through the trouble to minimize moisture, make sure that you're not providing housing to wildlife — vents should be properly screened and access doors secured. Funny smells can also come from rotting carcasses and animal droppings.

Limiting the moisture that feeds the musty odor will also help keep the wood floor structure drier and minimize the need for future repairs or replacement. Eliminating standing water next to the brick or concrete block foundation wall will also ensure longer durability of the structure.

There are several other opportunities for improvement when eliminating liquid water and minimizing moisture in a crawlspace. We'll jump into those items next month. Until then, happy hunting. 🐾

*Hannah McKenzie is a residential building science consultant at Advanced Energy in Raleigh ([www.advancedenergy.org](http://www.advancedenergy.org)) who specializes in working with nonprofit developers like Habitat for Humanity to make new affordable housing energy efficient.*



## Business Opportunities

**WATKINS SINCE 1868.** Top Ten Home Business. 350 products everyone uses. Free catalog packet. 1-800-352-5213.

**H & H SIDING AND WINDOWS**—vinyl siding, metal roofing, windows. 910-298-5062, cell 910-289-1960.

## Vacation Rental

**BEAUTIFUL LOG CABINS** close to the Blue Ridge Parkway. [www.treasurecovecabins.com](http://www.treasurecovecabins.com) or 828-627-6037.

**CONDO—SUMMERWINDS** near Emerald Isle in Salter Path. 4 bdrm, 3 bath, 4th floor oceanfront. Fully furnished. Call 804-282-9350 after 6 PM. [www.swartzproperties.com](http://www.swartzproperties.com)

**LOG CABIN IN MOUNTAINS** of Ashe County, NC. Daily or weekly rental. 336-982-2463. [www.carsonlogcabin.com](http://www.carsonlogcabin.com)

**CHERRY GROVE CHANNEL HOUSE** (North Myrtle Beach), 4br, 3½ baths, call 919-542-8146.

## How to Place a Classified Ad

### Deadlines

For publication in Carolina Country magazine, submit your ad by the 25th of the month approximately 5 weeks before publication (e.g., June ad due April 25). Orders received after deadline will be published in the following issue.

### Costs & Word Limitations

- For Carolina Country magazine: \$2 per word (\$20 minimum per ad). Maximum of 75 words.
- Every word counts, including "a" or "the." A phone number counts as one word (enter these as 555-555-5555). A website address counts as one word.
- Payment must accompany order. We accept Visa, MasterCard or American Express, or make checks payable to "Carolina Country."
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Use our website's form to compose your ad and pay by credit card. You can also fill out online and print a different form (PDF format) if you'd like to pay by check. Or call us and we'll mail you a form. Return the ad information and check (payable to "Carolina Country") to: Carolina Country Classifieds, P.O. Box 27306, Raleigh, NC 27611-7306.

Classified ads will not be accepted by phone.

### Other Guidelines

- Limit 2 ads per month per advertiser.
- Ads accepted on a space-available basis.
- First-column line printed in uppercase.
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### For More Information

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**BEACH HOUSE**, N. Myrtle Beach, SC. 4BR/2B, sleeps 12-14. 828-478-3208. Request photos: [bnagel36@charter.net](mailto:bnagel36@charter.net)

## Real Estate

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## Gold Maps

**FUN, HOW TO PAN.** Carolinas, Virginia, Georgia, Alabama, California. 1-321-783-4595. [WWW.GOLDMAPS.COM](http://WWW.GOLDMAPS.COM)

## For Sale

**BAPTISTRY PAINTINGS—JORDAN RIVER SCENES.** Custom Painted. Christian Arts, Goldsboro, NC 1-919-736-4166. [www.christian-artworks.com](http://www.christian-artworks.com)

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**BECOME AN ORDAINED MINISTER**, Correspondence study. Founded in 1988. Luke 17:2, Free information. Ministers for Christ Outreach, 6630 West Cactus, #B107-767, Glendale, AZ 85304. <http://www.ordination.org>

**FREE BOOKS/OVOS—SOON THE "MARK"** of the beast will be enforced as church and state unite! Let the Bible reveal. The Bible Says, POB 99, Lenoir City, TN 37771. 1-888-211-1715. [thebiblesaystruth@yahoo.com](mailto:thebiblesaystruth@yahoo.com)

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## Enchiladas Verdes

- 1 pound lean ground beef (90% lean)
- 1 large onion, chopped
- $\frac{1}{4}$  teaspoon salt
- 1 small garlic clove, minced
- 2 cups (8 ounces) shredded cheddar cheese
- 1 can (10  $\frac{3}{4}$  ounces) condensed cream of chicken soup, undiluted

- 1 package (8 ounces) processed cheese (Velveeta), cubed
- $\frac{3}{4}$  cup evaporated milk
- 1 can (4 ounces) chopped green chilies, drained
- 1 jar (2 ounces) diced pimientos, drained
- 12 corn tortillas (6 inches)
- $\frac{1}{4}$  cup canola oil

In a large skillet, cook the beef, onion and salt over medium heat until meat is no longer pink. Add garlic; cook 1 minute longer. Drain. Stir in cheddar cheese; set aside.

Meanwhile, in a large saucepan, cook and stir the soup, processed cheese and milk over medium heat until cheese is melted. Stir in chilies and pimientos.

In a large skillet, fry tortillas, one at a time, in oil for 5 seconds on each side or until golden brown. Drain on paper towels.

Place a scant  $\frac{1}{4}$  cup of reserved meat mixture down the center of each tortilla. Roll up and place seam side down in greased 13-by-9-inch baking dish. Pour cheese sauce over the top.

Cover and bake at 350 degrees for 25–30 minutes or until heated through.

*Yield: 6 servings*



## Rice on the Grill

- $1\frac{1}{3}$  cups uncooked instant rice
- $\frac{1}{3}$  cup sliced fresh mushrooms
- $\frac{1}{4}$  cup chopped green pepper
- $\frac{1}{4}$  cup chopped onion
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  cup chicken broth
- $\frac{1}{3}$  cup ketchup
- 1 tablespoon butter

In a 9-inch round disposable pan, combine the first seven ingredients. Dot with butter. Cover with heavy-duty foil; seal edges tightly.

Grill, covered, over medium heat for 12–15 minutes or until liquid is absorbed. Remove foil carefully to allow steam to escape. Fluff with a fork.

*Yield: 4 servings*



## Grilled Bacon-Onion Appetizers

- 2 large sweet onions
- 12 hickory smoked bacon strips
- $\frac{1}{2}$  cup packed brown sugar
- $\frac{1}{2}$  cup balsamic vinegar
- $\frac{1}{4}$  cup molasses
- 2 tablespoons barbecue sauce

Cut each onion into 12 wedges. Cut bacon strips in half widthwise; wrap a piece of bacon around each onion wedge and secure with toothpicks. Place in an ungreased 13-by-9-by-2-inch dish.

In a small bowl, combine the brown sugar, vinegar, molasses and barbecue sauce; pour  $\frac{1}{2}$  cup over onions. Cover and refrigerate for 1 hour, turning once. Cover and refrigerate remaining marinade for basting.

Drain and discard marinade. Grill onions, covered, over medium heat for 10–15 minutes, turning and basting frequently with reserved marinade.

*Yield: 2 dozen*

## From Your Kitchen

### Mini Lemon Tartlets

- 1 package (8 ounce) cream cheese (Neufchatel works fine), softened
- 1 can (14 ounce) sweetened condensed milk
- $\frac{1}{2}$  cup fresh lemon juice (1 large lemon squeezed)
- 2 packages of Athens mini fillo shells (frozen)
- Canned whipped cream
- Fresh mint

With a whisk or a mixer, beat cream cheese, milk and lemon juice until smooth. Refrigerate for about an hour so filling condenses. Thaw shells and fill. Top with "star" of whipped cream and a small mint leaf just before serving. Serving size: 2–3 tartlets per person. Makes 30 tartlets.

**Note:** Filling will keep in a refrigerator in a tight container for up to a week. Do not fill shells until ready to eat as they will get soggy.

*This recipe comes from  
Fairley Bell Cook of Raleigh.*

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